

NEWS & VIEWS **LEAD STORY**

Airmen compete for spot with Tops In Blue

By Staff Sgt. Catharine Schmidt
 Air Force Print News

Airmen from around the Air Force were given the chance to showcase their talents during the 2006 Tops in Blue Worldwide Talent Contest at Lackland Air Force Base, Texas, from Nov. 11 to 13.

This year, Tops in Blue officials went through 117 video applications looking for talent, selecting 61 applicants to come to Lackland and compete in the talent show.

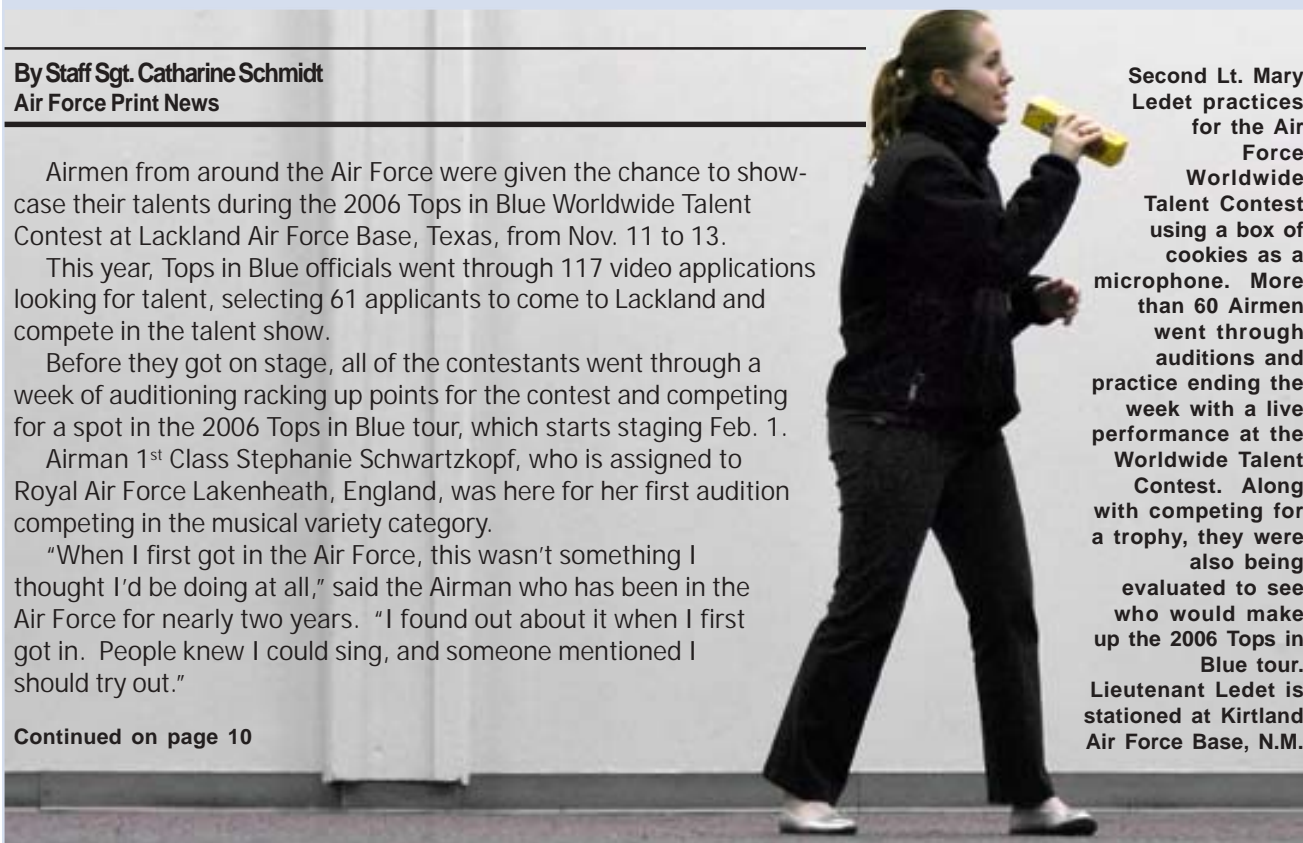
Before they got on stage, all of the contestants went through a week of auditioning racking up points for the contest and competing for a spot in the 2006 Tops in Blue tour, which starts staging Feb. 1.

Airman 1st Class Stephanie Schwartzkopf, who is assigned to Royal Air Force Lakenheath, England, was here for her first audition competing in the musical variety category.

"When I first got in the Air Force, this wasn't something I thought I'd be doing at all," said the Airman who has been in the Air Force for nearly two years. "I found out about it when I first got in. People knew I could sing, and someone mentioned I should try out."

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Second Lt. Mary Ledet practices for the Air Force Worldwide Talent Contest using a box of cookies as a microphone. More than 60 Airmen went through auditions and practice ending the week with a live performance at the Worldwide Talent Contest. Along with competing for a trophy, they were also being evaluated to see who would make up the 2006 Tops in Blue tour. Lieutenant Ledet is stationed at Kirtland Air Force Base, N.M.



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FROM THE AGENCY

Holiday season has special meaning



By Col. Timothy Hanson
Air Force Services
Agency commander

The holiday season has a special meaning to everyone. For some, it is the spirit of Hanukkah; to some the celebration of Kwanzaa; to others, the joy of Christmas. For most, the holiday season is a time to give thanks for the good fortunes in our lives. It's a time to look back on the adversities we have overcome, and look forward to the challenges that face us in the coming year.

Our thoughts turn to home and family and we tend not to think so much of ourselves. But as we bring another year to a close, I think it's important to reflect on your accomplishments and perhaps, take a moment to consider how important your work is to the peo-

ple in our Air Force. As our name implies, we dedicate ourselves to serving others so they might do their jobs better and, ultimately, we can serve our country as part of the world's most powerful air and space force. At the Agency, we do magnificent work day in and day out and we rarely stop to think of our impact.

At the recent Innkeeper Awards Ceremony in New York City, Maj. Gen. (select) Del Eulberg (Director of Installations and Mission Support, Headquarters Air Mobility Command, Scott Air Force Base, Ill.) commented that Services is perhaps the only career field that touches everyone in the Air Force family from the time they enter the Air Force until the day an Honor Guard renders the final salute. We give them a place to sleep while they are on the road, feed them when they are hungry, give them recreational opportunities to relax after a hard day,

keep their children safe, and help keep them healthy and strong. We also provide the foundation for the community that is so important to our way of life.

We are a critical force in keeping our Air Force ready to fight and win our nation's wars. I hope all of you understand you play an important part in the success of our Air Force.

No matter what role you play on our Agency team, together we make it possible for Services professionals around the world to

"get the job done," and we do it in excellent style. You should be proud of yourselves. I am proud of each of you.

I hope all of you have a safe and festive holiday season full of joy and happiness. I know I will be giving thanks for the wonderful things in my life and in the lives of my family. But I will also be counting my blessings for being part of this great organization filled with dedicated professionals who serve our great country. Happy Holidays!



News & Views

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Services youth reps from all bases meet for FitFactor training



The 241 conference attendees participated in a Field Day during the conference. Here, some attendees are in the midst of the Field Day relay. Photos by Robert Bailey

By Steve VanWert
Air Force Services
Agency

Arthur Myers, director of Air Force Services, was there.

Dr. Dot Richardson, two-time Olympic gold medal winner and orthopedic surgeon, was also there, along with 241 Family Members Programs flight chiefs, youth programs directors and youth fitness directors. In fact, every Air Force base was represented at the Air Force FitFactor Training Rollout at Kirtland Air Force Base, N.M., Sept. 20-22. It was deemed to be that important by Air Force Services.

FitFactor, the new Air Force promotion to stimulate interest and awareness of healthy choices in lifestyle for our youth and teens, kicked off with an enthusiastic gathering of youth development professionals anxious to learn how to implement the program. During

the challenging, fun-filled three days, the attendees had the opportunity to attend 37, 90-minute sessions that offered 25 different subjects. Out of the classroom, the attendees participated in the "Get Up, Get Out, Get Fit!" field day, where they participated in

relays, fitness stations and team building exercises offering a great tool to be used at their bases. There were also eight vendor exhibits for them to browse.

Mr. Myers opened the session and Dr. Richardson spoke to the large group, titled "Living Up to Your Dreams."

FitFactor's role is to encourage youth to make healthy choices and to provide them the opportunity to experience a variety of fun activities. Bottom line? To get anyone to exercise, teenager or not, it has to be fun.

The program awards points and incentives to youth,

9-18 years, who enroll. Registration is easy and on-line at www.afgetfit.com, but must be completed through the youth center on base.

Once enrolled, youth receive a wallet card to keep track of their user name and password, a lanyard and a FitFactor pin to wear. Youth can update their information every day through their home computers.

More incentives are down the road, as users pick activities, collect points and work their way through

Program update

As of Nov. 5, PACAF and USAFE were leading the way in FitFactor participation with 1,212 from PACAF and 1,069 from USAFE. Total Air Force participation was 4,963. Of these, 799 have earned Level 1 Energy (1,000 points earned) and 76 have earned Level 2 Strength (3,000 points earned).

The top activities chosen are physical education classes, basketball and walking.

A CSAF- and CMSAF-jointly signed letter was recently sent to all MAJCOMs encouraging maximum support of this program.

Continued on next page

Services awards 2005 Air Force Club membership scholarships

By Jimmy Johnson
Air Force Services Agency

For the ninth consecutive year, six individuals have been selected to receive a combined total of \$25,000 in scholarship money given away in the Air Force Club Membership Scholarship Program.

Scholarships are provided through a sponsorship agreement with CHASE Bank and Master-Card.

Club members and their families submitted an essay on "My Hero, and Why."

Two to four essays were chosen by each participating base to compete for the six Air Force awards.

The 2005 winners are:

First Place (\$6,000), **Rachel Jarrett**, daughter of Col. Robert Jarrett, Robins Air Force Base, Ga.

Second Place (\$5,500), **Nicole Frazier**, spouse of Capt. Jamey Frazier, Sheppard AFB, Texas.

Third Place (\$4,500), **Kelly Heetland**, spouse of Capt. Shawna Heetland, Cannon AFB, N.M.

Fourth Place (\$3,500), **Jacklyn Braschler**, daughter of Chief Master Sgt. Thomas Braschler, Robins AFB, Texas.

Fifth Place (\$3,000), **Katie Peters**, stepdaughter of Master Sgt. Brian Nicholson, F.E. Warren AFB, Wyo.

Sixth Place (\$2,500), **Sarah Schwarting**, daughter of Chief Master Sgt. Ron Schwarting, Davis Monthan AFB, Ariz.

A total of 195 entries were submitted to headquarters for national consideration; competition was fierce.

"The quality of the essays was outstanding, the Air Force Club Membership Scholarship Program is another demonstration that club membership pays," said Frank Black Jr., Air Force Services Agency's Chief of Clubs Division.

FitFactor program kicks off

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five levels, culminating in the highest level, endurance, and earning a silicone bracelet, pin, T-shirt and cooler packed with goodies.

Activities are worth from 50 to

100 points and are based on the 60-minute activity guidelines recommended by the President's Council on Physical Fitness and Sports.

"Besides getting up, getting out and

getting fit," said Chad Dowell, Air Force Services Agency Family Member Programs, "it's a great exercise in goal setting and self-awareness."

The most important goal, according to Services officials,

is the increased awareness of fitness and health in our young people.

FitFactor encourages youth to be physically active for at least 60 minutes a day, make healthy eating and lifestyle choices, include friends and family in

fun physical activities and games, limit the amount of screen time (television and computer) they log each day and adopt healthy exercise routines, including a broad range of physical and leisure-time activities.

Kadena SVS, Airmen rack up AF installation excellence awards

By Staff Sgt. Jason Lake
Kadena Air Base, Japan, Public Affairs

Air Force officials recently named four units, four unit programs and 11 individuals as 2004 Commander-in-Chief Installation Excellence Special Recognition award winners.

The 18th SVS saved \$395,000 for customers through initial Domo Day campaign and raised more than \$470,000 for quality-of-life programs.

Despite deploying 76 percent of its military staff in two Air Expeditionary Force deployments, the unit maintained service at four dining facilities, two fitness centers and 600 lodging rooms on Kadena.

The 18th SVS's Information, Ticket and Tour program served more than 70,000 customers, offering more than 265 cultural tours and 52 international tours and coordinated more than 30,000 cabana, log cabin and conference reservations at Okuma resort.

The 18th SVS's childcare program provided day care services for nearly 900 children ages 6 weeks to 6 years old.

They trained care-givers and worked with special needs children's families to provide a specialized education plan, decreased the CDC and School Age Program waiting list by nearly 50 percent by reopening all classrooms at the CDC and converting unused preschool rooms into school-age rooms.

The 18th SVS's youth programs conducted more than 150 classes per month for more than 1,600 students.

The National Alliance for Youth Sports rated the unit's youth sports and fitness programs best out of 9,000 installations in DOD.

Detachment 1, 18th SVS's Okuma Joint Services Okuma Recreation Facility entertained more than 100,000 guests throughout the year with live entertainment, fireworks, karaoke and other recreational activities.

They also hosted more than 10,000 rounds of golf and opened a 24-hour lighted putting green.

A Thanksgiving beach buffet fed more than 800 guests.

Capt. Keithen Washington provided the Services staff with training and equipment needed to manage more than 280 locations, 46 million meals and \$327 million in annual sales.

She built a protocol training course after Services' merger with protocol office and worked with civil engineers to secure \$1.5 million funding for Risner Fitness Center renovations, including new family fitness room.

Senior Master Sgt. Johnnie Smith Jr., designed a \$120,000 upgrade for Marshall Dining Facility that included sports bar theme and cyber café. The project also saved the Air Force \$60,000 through self-help.

As the first sergeant bazaar organizer, he helped raise more than \$33,000 to support community and enlisted programs.

He helped bed down more than 1,000 people deployed to Kunsan during Yokota's runway closure.

Tech. Sgt. James Evans Jr., led a cleanup team after Typhoon Songda swept over Okinawa and helped clear more than 25 tons of debris and 100 tons of sand in less than three days.

As Okuma's fire chief, he secured Pacific Air Force's funding for a \$250,000 fire truck three years ahead of schedule.

Staff Sgt. Jeremy Johnson managed a medical readiness matrix to ensure 95 percent of staff was ready to deploy.

He ensured more than \$80,000 worth of individual protective equipment was available to 100 percent of the unit.

While deployed to Ali Air Base, Iraq, he provided food service to more than 1,600 coalition troops.

Airman 1st Class Sara Higgins filled in for a seven-level shift leader to lead 15 workers who prepared more than 250,000 meals for 1,700 meal-card holders.

Misty Hironaka single-handedly procured \$5.6 million in furniture and fixtures for Kadena's new visitor's quarters.

As the lodging manager, she led the design and construction of the \$42 million visitor's quarters.

BACK TO BASICS

Editor's note: Periodically, this space will provide important information from one of Air Force Service Agency's branches. This issue, "Back to Basics" is provided by the Club Operations Branch.

Handling customer complaints

By Jimmy Johnson
Air Force Services
Agency

Complaints from guests aren't really complaints – they're gifts. When guests complain, they are giving you a second chance to make something right for them instead of taking their business elsewhere.

It's believed that only around 4 percent of disappointed customers voice their complaint to management. Therefore, you should be more concerned about the continued patronage from the 96 percent who will not convey their dissatisfaction to you.

Most guests who complain continue patronizing a business when the complaint is resolved quickly and in their favor. In fact, you can enhance your businesses reputation handling complaints by disappointed guests,

because customers usually tell their friends that you're eager to please your customers. Plus, psychologically, the customer feels that they have won a point.

Listed below are seven steps to successfully handle complaints. Some complaints, depending on the degree, can be resolved in fewer than seven steps. Use your best judgment in taking the necessary steps to recover complaints.

1. Carefully listen and thank the guest.

Listening to the guest helps you properly identify the complaint. Listen with your eyes and your ears by observing verbal and body language. Always show sincerity and concern for the guest's feelings and thank them. For example, say, "Thank you for

bringing this to our attention."

2. Ask questions and repeat the complaint. By repeating the complaint back to the guest ensures that you have understood the concern properly.

Act on it immediately and solve it the first time.

For example, say, "I want to make sure I get this right. You wanted your steak well done. Is that correct?"

3. Apologize sincerely.

This shows respect for the guest's feelings.

Many service providers do not offer any apology.

Always take full responsibility for the complaint, whether or not you believe it is valid or your fault.

For example, you might say, "I'm sorry for the mistake. Please accept my apologies."

4. Empathize with the guest.

Empathizing helps guests feel confident you are on their side and partnering to work with them. For example, say, "I understand how you feel."

5. Explain corrective action/alternatives.

Place guests at ease by informing them immediately how their complaint will be resolved.

For example, you might say, "I'll talk with the chef/cook now and have him/her prepare a new steak." Meanwhile, you may consider delivering a complimentary appetizer to the guest.

6. Promptly resolve the issue.

Generally speaking, the quicker you correct a situation, the easier it is to resolve.

The longer you take to resolve an issue, the greater

you run the risk that your guest's emotions will escalate, making the situation more difficult to resolve.

7. Follow up, thank the guest, and apologize again.

Follow up to ensure guests are happy and have everything they need.

Thanking them and apologizing again shows appreciation for their feelings.

For example, say, "Thank you for bringing this to our attention, and again, please accept our apologies."

By following these seven steps and not taking complaints personally, you can make handling complaints a little easier.

Remember, the customer wants you to look at them, listen to them, talk to them and smile at them.

NEWS & VIEWS

\$4.5 million expansion at Eglin child care facilities

By Senior Airman Mike Meares
Eglin Air Force Base,
Fla., Public Affairs

Relief in the form of more child care facilities for Eglin Air Force Base, Fla., parents is just what the doctor ordered.

Construction is scheduled to be complete in late spring or early summer 2006 on a \$4.5 million expansion of the Eglin Child Development Center.

"We plan on using that money to expand our child care capacity," said Col. Edmond Keith, 96th Air Base Wing commander. "While this is not a permanent answer, this remains my number one priority and any decrease in the wait

list is welcome news."

With more than 300 children on the wait list, the Eglin CDC is expanding by nearly double the current 244 child capacity to alleviate some panic in parents.

"I can't count how many times a frantic mother has called here because her maternity leave is ending soon," said Pam Jackson-Moorer, CDC director. "This (expansion) will help us reduce the stress of finding affordable, reliable child care for children."

Currently, there is a wait list of about two to three years for some age groups at the CDC. Mrs. Jackson-Moorer asks parents

to fill out the forms to put their child on the wait list and to "be patient."

"We are hoping the new facilities will reduce the wait list to less than a year in most cases," she said.

The expansion will have 16 rooms inside a modular building. Each of the rooms will boast 15,200 square feet of classroom space for the children to learn and play in.

The main focus will be on children from six weeks to 12 months old and children up to 24 months old.

There are currently 84 children on the wait list. The plan is to double or possibly triple the capacity of these age groups.

"If we can at least double the space for each of these age groups, we'll be able to relieve some stress from the parents," Mrs. Jackson-Moorer said. "We don't want to turn away or discourage any parents."

If a child goes on the wait list, the CDC staff will refer parents to alternative child care facilities on and off-base until a spot comes available. Once the expansion is finished, the waiting list will shrink considerably. Although the new expansion is not enough to accommodate everyone on the wait list, it's a step in the right direction, according to wing leadership.



Sink or swim

The Little Dingies, a team from the Seymour Johnson Air Force Base, N.C., Child Development Center, take the lead for the win in the build-a-boat contest, hosted by the 4th Services Squadron recently at the Berkeley pool. Photo by Airman 1st Class Dominic Kuiper

New temporary lodging eases transition

By 1st Lt. Carla Gleason
RAF Lakenheath Public Affairs

Families on the move now have a better opportunity to find temporary base lodging on Lakenheath after new facilities opened recently.

Liberty Inn celebrated the grand opening of two new lodging facilities with 70 additional family units, more than doubling the space available before. "Prior to these facilities, RAF Lakenheath had only 30 on-base family units, which resulted in an average of \$3 million spent annually to house PCS families in the surrounding community," said Cori Esselman, Liberty Inn lodging manager.

A study conducted in 1999 validated the need for 100 temporary lodging facility units here and because the need was so great, the base received out-of-cycle funding to

build the 70-unit facility, said Ms. Esselman.

The new TLF includes 30 one-bedroom units and 40 two bedroom units with three handicap accessible units included. The units enhance Project Welcome Mat initiatives by establishing a good first impression.

The project encompasses the interior and exterior appearance and customer service of the areas newcomers first encounter.

Project Welcome Mat is a subset of Combat Proud, a program that Air Forces in Europe facilities. "We are proud to have this wonderful facility to offer our military families," said Ms. Esselman. "We can now offer quality family accommodations on RAF Lakenheath with security, convenience and the comfort of familiar surroundings."

"This new facility will enable families to get the best quality of life support available

during the hectic and unstable times of transition and travel," said Brig. Gen. Robert Steel, 48th Fighter Wing commander, during the grand opening ceremony. "This project represents an investment in Team Liberty that will improve the quality of life for hundreds of service members and their families as they

transition to and from the base."

Ground breaking for the \$21 million lodging addition began in February 2003, and the grand opening ceremony celebrated more than two years of construction and set up before the facilities were ready for guests to occupy.

The project was a combined effort of nine agencies, both on base and off, as

well as more than 44 sub-contractors.

Each unit is equipped with a full kitchen, including a refrigerator, oven, stove, microwave, a washer and dryer and forced air cooling.

According to Ms. Esselman, the facilities were built with non-appropriated funds generated from room fees paid across the Air Force.



From left, Julie Gast, 48th Services Squadron reservationist, Tiffany Gast, volunteer, and Shelli Yarbrough, 48th SVS accountant, serve cake and punch to visitors at the grand opening of the new temporary lodging facility at RAF Lakenheath. This new facility is an example of the Project Welcome Mat initiative aimed at improving the interior and exterior appearance and customer service of the facilities and areas a new arrival first encounters. Photo by Airman 1st Class Kristi Mulder

Airmen sing, dance their way to Tops In Blue

continued from front page

Each year about 30 Airmen from around the Air Force are chosen to tour with the Air Force expeditionary entertainers. While some get on stage to sing, others dance, play instruments or stay behind the scenes making sure everything is in place.

During the weeklong audition process, contestants are put through a variety of auditions and a personal interview by the director of Tops in Blue, Tom Edwards.

Every contestant, including the

technicians, goes through each audition, whether he or she has that specific talent or not. Sometimes judges find a hidden talent or potential the contestant may not have realized he or she had, said Jerri White, TIB production manager. "We're not looking for the most talented person for Tops in Blue, we're looking for a person who has potential," she said. "That's what Tops in Blue is all about, it's about finding potential and helping to enhance that potential and



The Tops in Blue band rehearses before the final auditions of the Air Force Worldwide Talent Contest here. Tops in Blue officials held auditions from Nov. 5 to Nov. 14 searching for individuals to perform on the 2006 Tops in Blue team. Photo by Senior Airman Brian Ferguson

grow into a seasoned performer."

Prior Tops in Blue members make up the panel of judges in each audition room. Along with

music, dance and instrumental auditions, contestants also go through a specialty audition, consisting of improvisational theater.

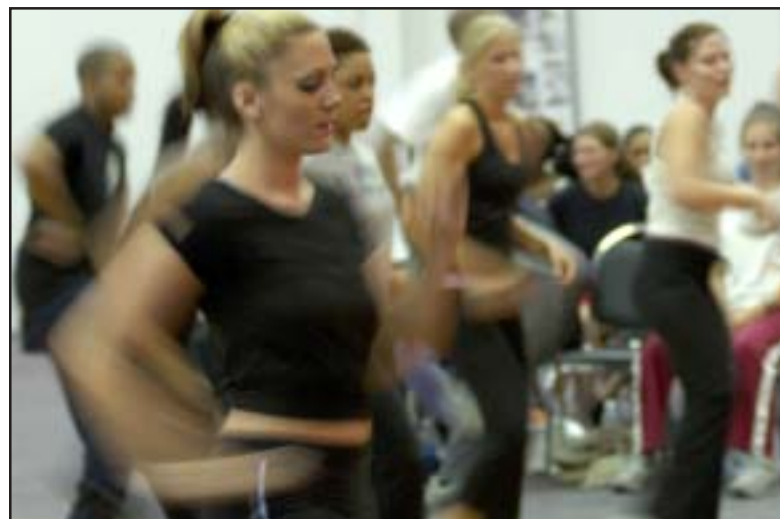
"This lets us see if they can open up to an audience and if they can let go of their inhibitions," said Staff Sgt. Amber Young, a vocalist on the 2005 tour stationed at Lackland. "The phrase that we use often is, 'Give it up.'"

"We don't decide who's on the team," said Capt. William Middleswart, another vocalist on the 2005 tour from Keesler AFB, Miss. "Basically what

we're doing here is part of the actual contest scores. We also provide our input to Mr. Edwards, who makes the final selection of who's on the team. They're related but separate entities. You could very well win the contest but not be selected for the team.

"The biggest misconception is that if you come here and you're the best singer, that you'll automatically make the team," he said.

To win first or second place in the



Choreographer and 1998 Tops in Blue performer Melissa Ritz goes through a dance routine with prospective Tops in Blue performers. The performers are judged on their ability to perform and the effort and potential shown during the audition. Photos by Senior Airman Brian Ferguson

Continued on next page



Tom Edwards and Capt. Christina Martin judge the dance auditions during the 2006 Tops in Blue Worldwide Talent Competition. Mr. Edwards is the Air Force Entertainment chief and Tops In Blue director. Captain Martin is the Air Force Entertainment operations officer.

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talent show is primarily determined by their primary category audition, audition and performance on stage at the show.

Along with auditioning throughout the week, contestants also go through a technical review, where they are given the opportunity to perform what they will be doing in the contest with a live band.

"Most of the contestants have never sung with a band before or in front of a live audience," Ms. White said. "We try to give them some training through these auditions that a performer on stage would need. "We have a musical director who talks to

each contestant, and then he writes a chart for that individual person for the pit band. (The band comprises) five prior Tops in Blue members who come from across the United States," she said. "(In the technical review) they get to work with the band one time before the dress rehearsal and then on the day of the show. We record the band playing their song, and they can rehearse in different facilities with that."

For most of the contestants, the week of auditioning and performing in front of a live audience can be nerve wracking, which is where the team leaders come into play.

"(As a team leader) my role is to take the (contes-

tants) from Day 1 and get them ready for their show performance," said Tech. Sgt. Derrick Wright, a reservist who performed with Tops in Blue in 1989 and 1991 while on active duty. "We take them from what they sent in (on video) and teach them as much as we possibly can. We also evaluate them and see how they would fit into the Tops in Blue program."

Along with evaluating contestants on talent and potential, team leaders also teach them stage presence and correct vocal issues, among other things.

"I think probably the biggest thing we try and give them is confidence," Sergeant Wright said. "(They're) here for a reason and picked

for a reason. It's wonderful to see the transformation from Day 1 to see them up on the stage. That's our goal, to get them up on the stage and have them do the very best they can do."

Commanders will notify those selected for the 2006 TIB tour by Nov. 22, but until then, contestants are keeping their fingers crossed.

"(If I make the team) I'm expecting a lot of hard work, more work than I've ever done in my life, but it'll be so worth it," Airman Schwartzkopf said. "I'll be able to develop my talents and use them in the Air Force, that's incredible."

But if she is not one of those selected, Airman Schwartzkopf said she will not give up.

"If I didn't make it, I'd be back next year to audition again," she said. "The experience of being here and being selected out of everyone in the Air Force is amazing."

The first-place winners of the talent show were:

Male vocalist: Airman Bryce Zabrick from Dyess AFB, Texas.

Female vocalist: Senior Airman Danielle Hughes from RAF Lakenheath.

Instrumental: Staff Sgt. Robert Del Valle from MacDill AFB, Fla.

Musical variety: Airman Schwartzkopf.

Dance: Senior Airman Shiloh Pogue from Eglin AFB, Fla.

Best of Show: Airman Schwartzkopf.

Airmen celebrate birthdays with Grand Forks family

By Senior Airman James Croxon
Grand Forks Air Force Base, N.D., Public Affairs

More than 20 Airmen and guests were treated by the vice commander, command chief, squadron commanders, chiefs and first sergeants to a steak or shrimp dinner in a reserved section of Airey Dining Hall recently. In fact, more wing leadership was present than actual Airmen.

The first course was a salad served by a jovial

Chief Master Sergeant Harry Viel, wing command chief, sporting a newly-acquired white Services smock emblazoned

with his name and rank.

"I think this is the only Air Force uniform I haven't worn yet," joked Chief Viel. "Serving Airmen and thanking them for all they do is the best part of my job. Plus I get to treat them to a special dinner."

Col. Scott Reese, vice commander, also sported a white smock festooned with his name and eagles on the shoulders.

Most Airmen said they enjoyed the experience; many seldom get the chance to meet wing leadership, let alone more than 20 in one hour.

As the dinner ended, the servers gathered for a

round of "Happy Birthday" sung on 20 different keys.

"I wish it was my birthday every quarter," said Airman Chad Kellum. "Even though I spent my birthday here it's a like a family dinner."



Chief Master Sgt. Harry Viel, 319th Air Refueling Wing command chief, shakes the hand of Airman 1st Class Jacob Casey, 319th Services Squadron, congratulating him on his birthday. More than 20 base leaders were on hand to serve a three-course meal to Airmen and guests. Photos by Senior Airman James Croxon



Airman Alicia Morris, 319th Services Squadron, cuts one of three chocolate cakes she made for the birthday meal as Chief Master Sgt. Harry Viel, 319th Air Refueling Wing command chief, waits to serve Airmen their choice of cake; chocolate or cheesecake.



Alaska remembers troops, POW/MIAs

Elmendorf Air Force Base, Alaska, Honor Guard members raise the American flag and the POW/MIA flag during the annual 11th Air Force Memorial Ceremony held at Merrill Field airport. The memorial stands in memory of the men and women of the 11th Air Force and other services who served in the defense of Alaska and our nation during World War II. The memorial includes more than 1,000 names of veterans to include those in POW/MIA status. Photo by Staff Sgt. Rhiannon Willard

Satellite Dish renovated

Contractor employees Sean Jaquez and David Ramirez install new carpeting in the dining room of the Schriever Air Force Base, Colo., Satellite Dish Dining Facility.

Renovations to the dining room area included carpet, window dressing, furniture, paint and artwork. The carpet is modular to allow easy replacement. Photo by Cindy Carter



By Staff Sgt. Don Branum
Schriever Air Force Base, Colo., Public Affairs

Contractors recently remodeled the Schriever Air Force Base, Colo., Satellite Dish Dining Facility.

After the \$135,000 renovation, the Dish's dining room had new furniture, window treatments, carpet and artwork, said John Brunfeldt, 50th Services Division Combat Support Flight chief.

The Satellite Dish has been at the base since 1989. After Falcon AFB was activated, the facility was converted from an Army-Air Force Exchange Service facility.

Previous major remodeling and renovation efforts were conducted in 1997 and 1998. Since then, the only major change had been new carpeting installed three and half years ago, said Thea Wasche, 50th Services Division director.

Meanwhile, heavy traffic through the dining facility had heavily worn the furnishings.

"This dining facility was designed for about 500 people," he said. "We get about 800 during lunch."

Official functions such as award ceremonies and commander's calls also took their toll.

The renovation process began last October with requests for bids,

and everything was ready for execution in May. While renovations were underway, the Dish continued serving meals, but all meals were prepared for carryout.

Workers set up a small dining area just outside the dining hall for people who wanted to eat away from their workplaces. Although lines were longer because two normal register lanes were also closed, dining facility staff worked to make the delays as short as possible.

The new dining room includes barstool tables near the southern windows, which look out onto a Colorado deck.

Nellis leads the way in style, comfort, design with new \$35 million state-of the art VQ

By Jennifer Vollmer
Nellis Air Force Base,
Nev., Public Affairs

Visitors to Nellis can now stay at the Air Force's newest visiting quarters – Nellis Inn.

Airmen, Air Force Services employees and other visitors celebrated the official grand opening with a ribbon-cutting ceremony. Col. Walter Givhan, 99th Air Base Wing commander, opened the morning ceremony.

"Here at Nellis, we're setting the standard for all lodging in Air Combat Command," he said. "The Nellis Inn is a premier example of how

99th Services' programs continually contribute to our mission effectiveness and quality of life through reception and beddown programs."

The 349-room facility took more than four years to construct. The building is considered to be the largest and most modern of its type in Air Combat Command. The facility's price tag of approximately \$35 million includes design, construction and furnishing costs.

After a few remarks, Colonel Givhan, along with Arthur Myers, director of Air Force Services; Lt. Col.

Russell Cutting, 99th Services commander, and Kathy Fierstein, Nellis Lodging manager, participated in the ribbon cutting.

Those in attendance were invited inside to view the state-of-the-art building for tours and refreshments.

As guests entered the new visiting quarters they were greeted with the sounds of a live mariachi band, and food and beverages were provided by the building's in-house coffee shop, Rickenbacker's.

"This building rivals all other lodging facilities worldwide in respect to technology, but what really sets it apart is that it's wired for the future," Mr. Myers said. "All rooms are wired with special cabling that will enable the VQ to one day offer high speed internet to all guests."

Nellis Inn was built with



From left, Scott Adamson, Arthur Myers and Col. Walter Givhan, 99th Air Base Wing commander, were in attendance to open the doors to the newest Air Force Inn. Photo by Staff Sgt. Jeremy Smith

sustainability in mind and reduction in repair and maintenance costs.

The lobby floors and check-in counters are made of natural stone, which increases durability. Sun filtering Mecho-Shades, which have been proven to help lower energy costs by keeping the building cooler, have been installed on all windows.

Nellis is now the largest lodging operation in ACC and the second largest in the Air Force. There are 20 other inns here, including Union

Plaza, which is next to the new VQ, and Warrior Inn, located by the Base Exchange.

Union Plaza and Warrior Inn offer single-room accommodations, whereas all rooms at Nellis Inn are set-up to be double occupancy.

Active-duty members and retirees are authorized to use the inn on a space available basis. There are rooms set aside for students of the Weapons School and participants of Red Flag. Single and married Airmen without children can also stay at the inn.



From the planning stages to completion the new Nellis Inn took approximately four years. Photo by Staff Sgt. Jeremy Smith

AEF 5/6 remembered in photos
**Team Ali memories
captured**

Right photo, Staff Sgt. Nat Ruiz, 407th Expeditionary Services Squadron at Ali Base, Iraq, provides security to protect several visitors to the Ziggurat of Ur, while Dhaif, the site's caretaker and tour guide, tells them about the history of the 4,000- year-old monument in the bottom photo. Courtesy photos



Happy Thanksgiving

Staff Sgt. Tina Ross (left) and Master Sgt. Ralph Neri prepare vegetables for Thanksgiving festivities. Both Airmen are assigned to the 36th Services Squadron at Anderson Air Force Base, Guam. Photo by Tech. Sgt. Cecilio Ricardo Jr.

Schriever children learn about Hispanic Heritage Month

By Staff Sgt. Olenda Kleffner
Schriever Air Force Base, Colo., Public Affairs

Children at the Schriever Air Force Base, Colo., Child Development Center heard a story in both English and Spanish recently in recognition of Hispanic Heritage Month.

Senior Airman Aremy Strickland, 50th Space Wing, read "Brown Bear, Brown Bear, What Do You See?" in English and Spanish while the children read along with her.

"We picked this book because the children were familiar with the story," said Lyn Estenson, training and curriculum specialist. "Hearing the lines of a familiar story in another language is an appropriate way of teaching and exposing children to another language and culture."

"Exposing children to the diverse community around them through books, stories, pictures and celebra-

tions helps them to learn about differences and to respect cultural differences," Mrs. Estenson said.

Airman Strickland said she enjoyed reading to the children. "I think it's important to teach them about our Hispanic heritage because they need to know about all the different cultures and different languages and what makes them all unique," she said.

Mrs. Estenson said all heritage groups are welcome to read to the children at the CDC.

"We encourage parents, heritage groups and squadrons to come to the CDC to read to children as long as the experience will be a positive and developmentally appropriate one for the children involved," she said.

Mrs. Estenson said the curriculum and materials used in the classrooms are well planned and prepared and it's important to coordinate with the CDC staff to ensure a successful visit.



Senior Airman Aremy Strickland, 50th Space Wing Staff, reads "Brown Bear, Brown Bear, What Do You See?" in English and Spanish to children at the Schriever Child Development Center. Hearing familiar stories in a foreign language helps children learn about the language. Photo by Staff Sgt. Olenda Kleffner



Happy Birthday meals served at McConnell

Master Sgt. Larry Stewart, 22nd Civil Engineer Squadron, serves birthday cake to McConnell Air Force Base, Kans., Airmen at the Chisholm Trail Dining Facility during the recent Quarterly Birthday Meal. Fifty-four Airmen were served by more than a dozen volunteer first sergeants and four commanders. They ate T-Bone steak, shrimp kabobs, shrimp cocktails, chicken, salads, carrots and corn, all prepared by the Chisholm Trail Dining Facility staff. Birthday meals are customary at installations across the Air Force as a means of increasing morale for dormitory residents. Photo by Senior Airman Angelique Smythe

Buckley Airmen volunteer, bring books to life



Airman 1st Class Randi Miles reads to Keenan Wade and other children from Room 15 at the Buckley Air Force Base, Colo., Child Development Center recently. Photo by 1st Lt. Caroline Wellman

By 1st Lt. Caroline Wellman
Buckley Air Force Base, Colo., Public Affairs

At their teacher's encouragement, children flocked to a small plastic picnic table behind the Buckley Air Force Base, Colo., Child Development Center. It was Thursday, and that meant only one thing: a visitor was there to read to them.

"Why don't you go inside and pick a book?" Angela Yates, the class' teacher, asked one of the students.

A few minutes later, one little girl

emerged from the classroom with a book carried carefully in both hands.

"Ooooh, this one's got eyeballs sticking out of its pages," Airman 1st Class Randi Miles, a debt manager in the 460th Comptroller Squadron, coaxed the children.

Immediately, they erupted into excited giggles and whispers.

It may seem like unusual duty for an Airman, but for Airman Miles and other members of the 460th CPTS, it's just another Thursday. While most units look for ways to make an impact

in the local community, the 460th CPTS chooses to make its impact on base.

Each Thursday morning since early May, volunteers from the squadron have been donating 30 minutes of their time and visiting the CDC to bring books to life. Nearly all of the volunteers agree that they do it because they love to see the children's reactions when a new face comes into the room and shows an interest in them.

"The kids seem to love it," said Sirena Martinez, a special actions clerk. "They love to see new faces, and it's nice for the kids to

see other people care about them too."

The passion for books is also evidenced in the eager, unsolicited welcome the children give visitors and the urgency in the children's voices as they beg the visitor to pick a book.

Once a book is selected, a hush eventually falls across the crowd, and the children gaze intently at the colorful illustrations that accompany the stories.

The children probably don't realize that the readers enjoy the time as much as the

children, nor that the adults hope to make a lasting impression.

"When we take an interest in reading, the kids do too," Airman Miles said. "And that love for literacy is the lesson these volunteers hope to inspire."

Welcome to 'Pete's Place'

Grand opening a hit with Manas crowd

**Story and photos by
Master Sgt. Lisa
Polarek
376th Air Expeditionary
Wing Public Affairs
Manas Air Base,
Kyrgyz Republic**

The 376th Expeditionary Services Squadron kicked off a new era in Manas Air Base, Kyrgyz Republic history recently when it held the new Pete's Place grand opening.

An estimated 650 people attended the grand opening of the 8,000-foot facility, which is open seven days a week, 24 hours a day.

According to Tech. Sgt. Joseph Lane, 376th Expeditionary Services Squadron, Pete's Place manager, the facility offers bingo, movies, adult beverage nights twice a week, tournaments, briefings and hosts special functions.

Sergeant Lane said the larger space allows them to support multiple events at the same

time and for more indoor activities when it gets cold. Pete's Place has a movie screen, stage, and audio and video tower.

Senior Airman Andrew Yetzer, from the 376th Expeditionary Logistics Squadron, said he likes the new Pete's.

"It's a good place to go after work to kick back and blow off some steam and

hang out with the guys," he said.

Maj. Eliza Knutson, 376th ESVS commander, agreed. "Pete's provides a great place to relax, watch a movie, play pool, have something to drink and hang out," she said. "We're always looking for new ideas and events, so if you have suggestions, let us know."



Top photo, Staff Sgt. Nelson Pegarido, 817th EAS, Det 4, C-17 maintainer, shoots pool at the recent Pete's Place Grand Opening.

Bottom photo, Chief Master Sgt. Graham Burnley, AEF 5/6 376th AEW command chief, helps behind the counter and talks to some of the patrons during the recent grand opening.

A strong partnership resulted when Wright-Patterson's Prairies School Age Program joins 4-H

By Necoleia Kahler
88th Services Squadron
Wright-Patterson Air Force Base, Ohio

For the past three years the Prairies School Age Program at Wright-Patterson Air Force Base, Ohio, has been actively involved with the local 4-H agency. From this partnership strong programming involving 4-H has developed.

Last year a variety of exciting activities took place, culminating in our 4-H exhibit at the Montgomery County Fair.

In October 2004 and again in April and May, the youth studied Embryology. During this program youth learned about chick development and had the opportunity to "candle" the egg. Through the "candling" process youth were able to actually see the developing chick move and chart its developmental progress.

This is the third year we have participated in the Embryology program and each year our youth have continued to expand their understanding of chick development.

From December 2004 to May, we offered a woodworking club. This club learned about wood working safety, different types of wood working tools, measuring and different types of wood.

They were then able to put their new knowledge to use and build their own wooden bench.

Also during this time frame we offered a sewing club. These youth

learned about sewing safety, the parts of a sewing machine, hand sewing and machine sewing.

These youth were then able to make pillows, scarves and hats.

In November and December 2004, our youth participated in a community outreach club.

The youth made more than 100 soups and cookies in a jar to donate to the base food pantry holiday food baskets.

January was our annual "Taste of 4-H" event. This event was held on a Friday evening and invited families to come in and experience and enjoy a variety of hands-on activities focusing on a variety of 4-H programs.

This year we focused on cooking, arts-and-crafts, sewing, wood working, flight, healthy lifestyle, drama, science and dog agility.

Throughout the summer we continued to utilize a variety of 4-H activities and programming. This summer the youth focused on community outreach during the months of June through August.

Every other Tuesday our youth visited Alterra Sterling House Assisted Living Facilities for seniors. While there, they not only devel-



oped a strong bond with many of the residents, but also did arts-and-crafts, science and games with them.

Our goal is to continue this outreach program this fall with our before and after school program.

In September 2004, our program opened a new classroom environment. This room is called our 4-H Life Skills Classroom. This room has been a great addition to our program. The room is offered as a choice room activity and is a place that youth can go to participate in life skills activities.

Cooking, sewing, woodworking, knitting study skills, what to do in an emergency, goal setting and more have been offered as activities. 4-H has become an integral part of our daily choice time activities and we look forward to continue to expand in this area.

Tinker lodging adds pet friendly rooms

Families with four-legged friends can rest comfortably at Tinker's Indian Hills Inn Lodging with the new rooms designed specifically for pets.

With the new facilities, dog and cat owners will no longer have to face the added expense and inconvenience of kenneling their pet off base. Instead, the 72nd Services Division created eight temporary living facilities equipped with food and water dishes, a kennel and a fenced-in yard complete with scoopers and plastic bags for easy cleanup.

"The ultimate goal of the new pet-friendly TLFs is to provide superior customer service to all our Airmen and their families," said 2nd Lt. Jennifer Davis, officer-in-charge of lodging.

Lieutenant Davis said guests who bring pets will pay an extra \$10 a night to cover additional cleaning services and the rooms are restricted to dogs or cats. There is a two animal maximum, and pets must have their current shot records.

Pets are only allowed in the designated areas. If a pet-friendly TLF is not available at time of check-in, guests will not be offered a non-avail-

ability slip if there are other regular rooms available on base.



The welcome mat is out for dogs and cats at Tinker's Temporary Lodging Facility, with eight of the units now labeled pet-friendly. The units come with a pop-up indoor kennel, bowls for food and water and disposable gloves. Photo by Margo Wright

It all fell down

Col. Mary Kay Hertog, right, 37th Training Wing commander at Lackland Air Force Base, Texas, mans the controls of a huge back hoe. Left, she uses the back hoe to take the first bite out of a 50-year-old building that formerly served as Zachry Housing. The old buildings are being torn down on Selfridge Avenue east of the new Lackland Elementary School wing to provide a site for an \$8 million youth center. Photos by Robbin Cresswell



Dyess Library Service records messages for deploying Airmen

By Airman 1st Class Kiley Olds
Dyess Air Force Base, Texas, Public Affairs

While on active duty, Tech. Sgt. Jim Callahan wished that there was a way his wife and children could see and hear his voice, even though he was deployed thousands of miles away.

Now retired and working as a computer systems analyst at the Dyess Air Force Base, Texas, base library, Mr. Callahan and the rest of the library staff are working to ensure that families of deployed Airmen have a way to see and hear their deployed loved one by means of a video service, no matter how far apart they are separated.

Titled "Good night Son, Good night Daughter," the free service lets Airmen record messages their loved ones can watch on DVD or video tape while they are deployed.

"(Airmen) have recorded themselves reading bedtime stories, birthday greetings, anniversary wishes, holiday wishes, evening prayers and special messages for loved ones," said Cheryl Smith, library director here.

The end result is a professional-looking DVD, complete with a main menu listing the name of each story or message found on the disc.

Although the service allows deploying Airmen to record a video message for anyone, most of the focus has been on recording messages for children.

"(This service) really gives parents a chance to leave a thoughtful gift for their kids — it's

not like a toy that can get lost," said Maj. Anne Marie Fenton, 7th Mission Support Squadron commander.

Major Fenton recorded a video for her two daughters.

"I thought this would be a good way to keep them in touch with me while I'm gone," Major Fenton said. "Time zone differences make it difficult to read them a bedtime story at their normal time, so this is a great substitute.

"A lot of times, individual families might think about doing it, but they don't have access to the right equipment, software, or frankly, time to make it happen," she said. "This is a neat opportunity for deploying Airmen to make a lasting memory for their families. About an hour invested will earn lots of dividends."

While a library staff member is available to operate the camera and perform functions such as zooming in and out, Mr. Callahan said that most people prefer to be left in private while recording their videos.

"Some of the books dealt directly with

military deployments and what children experience, so they were a little more emotional (to read)," Major Fenton said. "I also read some other books that are bedtime standards in our family, so there is an element of routine for the kids."

Mr. Callahan, a veteran of five deployments, said that the younger the child, the more important having a service like this becomes for the children of deployed Airmen.

"A child needs to be able to hear mommy or daddy's voice," Mr. Callahan said.



Maj. Anne Marie Fenton, 7th Mission Support Squadron commander at Dyess Air Force Base, Texas, records herself reading a bedtime story for her two children before deploying recently. The Dyess base library offers a free video service that lets deploying Airmen record messages that their loved ones can watch on DVD or video tape. Photo by Jim Callahan

Lock-in leaves loads to Red Cross

By Master Sgt. Tommie Baker
Elmendorf Air Force Base, Alaska, Public Affairs

What has more than 350 limbs, a seemingly perpetual amount of energy, and the ability to help others in need?

In this case, that would be the School Age Program Lock-in held recently at the Ketchikan

Child Development Center at Elmendorf Air Force Base, Alaska. The lock-in raised more than \$2,100, which was donated to the Red Cross Hurricane Relief Fund.

Nearly 70 children gathered at the Ketchikan CDC for, to them, a chance for a fun-filled night with friends. All 19 staff members supporting the event volunteered their time.

As the evening began and all the children and staff gathered, the first matter at hand was the true reason for the gathering, the presentation of a check for more than \$2,100 to the Red Cross.

There were so many activities scheduled, it was difficult to even fathom possibly partaking in all of them. There was bingo, crafts, computer and video games, sewing,

bowling, movies, and of course, snacks.

Restlessly assembled on the stage, the children listened as Ben Blanchet, a volunteer for the Red Cross' Armed Forces Emergency Services Station here at Elmendorf briefly spoke to them and accepted the check.

"The Red Cross isn't just any particular group of people, it's everybody, even you," he told the children. "What you are doing here tonight is going to make a difference."

The lock-in was part of the School Age Program's efforts to help the children understand the importance of community involvement.

"We got to thinking, how can we get the kids involved in hurricane relief efforts?" said Diane Jackson, event coordinator. "We came up with the idea of this lock-in and contacted the Red Cross, who said they would greatly appreciate any support we could give them."

Though the evening was focused on a means for the children to have a fun time, the outcome was an outpouring of support for others in need.



Bryce Wilmouth gleefully gets her hair done up by Danielle White, one of the Elmendorf Air Force Base, Alaska, Child Development Center employees who volunteered to support the evening's events at the recent School Age Program Lock-in held in the Ketchikan Child Development Center. All staff members supporting the event volunteered their time. Photo by Master Sgt. Tommie Baker



Getting the right mix

Eiichi Roshida, art instructor at the 18th Services Skills Development Center at Kadena Air Base, Japan, shows Sandy Getlein technique for mixing oil paints to create different colors and shades. The class is an 8-week course that teaches the basics of oil painting. The Skills Development Center offers a wide range of art classes for ages 13 and up, including pencil drawing, and water and oil painting. Photo by Staff Sgt. Chyrece Campbell



USAFE Birthday Bash – PT Cruiser given away

Senior Airman Mark Martell grins as he stands in front of his new PT Cruiser, along with the Orlando Magic Cheerleaders. Airman Martell was present when his wife's winning entry was drawn during the Ramstein Welfare Bazaar at Ramstein Air Base, Germany. Courtesy photo

U.S. Air Force in Europe Services Director Col. Emerson Bascomb presented the keys to a brand-new PT Cruiser to lucky winner, Senior Airman Mark Martell, 735th Civil Engineer Squadron, recently. Airman Martell was volunteering at the

Ramstein Air Base, Germany, Welfare Bazaar when his wife's winning entry was pulled from the back of the vehicle. When her name was announced as the winner of the PT Cruiser, airman Martell shouted from the middle of the crowd, "That's my wife!"

The Orlando Magic Cheerleading team escorted the prize vehicle to center stage and performed while Tom Kavanagh, Exchange New Car Sales Europe representative, stood nearby waiting to draw the winning name. Colonel Bascomb

and Mr. Kavanagh, along with the crowd, offered congratulatory handshakes to Airman Martell as he grinned in disbelief.

He said that he and his wife have a six-month old baby, so the car would definitely come in handy.

The 2005 PT Cruiser was provided by Exchange New Car Sales, which partnered with USAFE Services in support of the USAFE Birthday Bash Celebration, which was conducted in honor of the 58th anniversary of the Air Force.

Mildenhall Honor Guard march in Battle of Britain parade

From left, Senior Airman Joseph Zawistowski, Tech. Sgt. Jerry Rabon, Senior Airman Ryan Hanna and Staff Sgt. Archie Johnson, all Team Mildenhall Honor Guard members, march recently in a Battle of Britain Parade in Newmarket. Participants included members of the RAF Association, Battle of Britain veterans, the Team Mildenhall Honor Guard, the 727th Air Mobility Squadron and the Bury St. Edmunds Steadfast Boys Brigade. The World War II battle ran from July to October in 1940. During the battle, British forces prevented the German Luftwaffe from overtaking Great Britain and from possibly gaining domination of Northern Europe. Photo by Senior Airman Amanda Currier



Snapped around Services photo page

Grand prize winner

Maureen Niska (center), Stars and Strikes manager at Whiteman Air Force Base, Mo., presents a \$500 check to Airman 1st Class William Wilttrout, 509th Comptroller Squadron. Airman Wilttrout was the winner of the bowling center's \$500 grand prize in the summer promotion "Bowl for the Stars and Strikes." Also pictured is Airman Wilttrout's wife, Kim. Participants in the competition were given punch cards to fill up over the summer with each purchase of a game or large drink. Completed cards were then entered into a monthly draw. Other winners were: Gary Hall, 509 Civil Engineer Squadron, who won a bowling ball; Master Sgt. James Kendall, 509th Security Forces Squadron, who won a bowling ball and bag; and Betty Crawshaw who won an Air Force bowling ball. Photo by Poppy Arthurton



Big winner

Capt. Ray Madrid, 14th Services Division deputy commander at Columbus Air Force Base, Miss., presents \$500 to Kim Martin, winner of the \$500 grand prize in the bowling center's summer promotion "Bowl for the Stars and Stripes." Photo by Pam Wickham

Hanscom Honor Guard at Boston City Hall

Hanscom Air Force Base, Mass., Patriot Honor Guard members participate with other service members in Congress-declared Prisoner of War, Missing in Action Recognition Day activities at the Boston City Hall Plaza recently. Photo by Airman First Class Clinton Atkins



Nellis Youth Center renews accreditation

By Carolynn Blinkinsop
99th Services Squadron

The National Afterschool Association recently awarded the Nellis Air Force Base, Nev., Youth Center's School-Aged Program a certificate of re-accreditation in acknowledgment of outstanding quality programming. In so doing, Nellis has maintained its position as the only accredited school-age program in Nevada.

"Accreditation assures families that their children are learning and exploring in a safe and healthy environment," said Regina Mullins, coordinator for school-age children. "Every three years an accredited program is required to undergo reevaluation to demonstrate ongoing compliance with the national standards. Accreditation is a significant achievement because it is a long and arduous process."

The first step of accreditation was the establishment of a team

comprised of parents, community representatives and staff to observe and rate the program against national standards. Using this feedback, an improvement plan was created and implemented prior to a final evaluation conducted by the team.

Two certified members of the National Afterschool Association were then invited to conduct a thorough accreditation inspection. Areas such as human relationships, indoor and outdoor environments, activities, safety, health, nutrition, and administration were assessed.

Thirty days after the inspection, the Nellis Youth Center received its re-certification verification letter.



Brittany Sannan (right), teaches Abby Carpenter (middle), and Jennifer Ayotte, how to fold origami flowers at the Nellis Air Force Base, Nev., Youth Center. Photo by Airman 1st Class Tina Waugh

"This was my first accreditation and from looking at what it entailed, I thought I would be living and sleeping at work, but with the support of my staff the process was smooth and painless," said Ms. Mullins. "An accomplishment of this magnitude could not have been achieved without dedication and commitment to excellence. I have the best staff in the Air Force. I wouldn't want to be anywhere else."

CDC program earns good marks

Echo Abbate, Schriever Air Force Base, Colo., Child Development Center program assistant, helps Aimee put on a fire fighter outfit during playtime at the CDC recently. A recent unannounced inspection resulted in several commendations for several categories. This is the second straight year the Schriever CDC scored above the Air Force average in an unannounced inspection, said CDC director Maricon Wales. Photo by Staff Sgt. Olenda Kleffner



Live Oak Dining Hall alive, serving

Staff Sgt. Duane Rowles, 345th Training Squadron instructor, receives a plate of pork loin, potatoes and cornbread. He was first in the hot-meal line as the Lackland Air Force Base, Texas, Live Oak Inn reopened recently. The facility had been closed for 21 months undergoing a \$3 million renovation. The staff expects to serve 1,300 to 1,500 technical training students and other Team Lackland personnel each day, Monday through Friday. Photo by Alan Boedeker



Dyess units honored at ARC lunch

By 2nd Lt. Elizabeth Campanile
Dyess Air Force Base, Texas, Public Affairs

"We'll be there" was the resounding motto celebrated at the 2005 Abilene American Red Cross annual meeting at the Abilene Public Library recently when two Dyess Air Force Base, Texas, organizations were honored for their support of the non-profit organization throughout the past year.

The 7th Services Squadron and the base family support center each received the ARC

Humanitarian Award, presented by Aaron Vannoy, Abilene ARC director, and Jim Snyder, new Abilene ARC board chairman, for base programs and other events that benefited the ARC and aided the community.

Lt. Col. Timothy Eichorn, 7th Mission Support Group deputy commander; Stephanie Kraly, 7th SVS marketing director; and Daniel Bell, 7th SVS, were present to receive the 7th SVS award.



The base organizations were recognized because of their support through the programs they offer and the events that benefit the Abilene ARC's three major programs – disaster services; armed forces emergency services; and health and safety services, said Mr. Snyder, who also said Dyess has always been there for the ARC when they needed it.

Dyess helped raise funds and awareness about the ARC's AFES program, which helps family members of deployed military people to send emergency messages such as a birth of a child,

death in the family or illness quickly, when it held the first Dyess-ARC golf tournament hosted by Tanya Harencak, the 7th Bomb Wing commander's wife, July 19.

That event drew in the support of more than 130 military members and civilians and raised more than \$2,500 for the program.

"We were proud to represent Team Dyess on the prestigious award from the American Red Cross," said Mr. Bell. "A lot of folks in (7th SVS) and other organizations on base are the true heroes today. One of the great things about receiving the award is knowing that we can make a difference both on Dyess and in our Abilene community. The American Red Cross does so much for our military and civilian community, and we are proud to be part of their team."

Grand Forks FTAC gets new name, set-up

By Senior Airman James Croxon
Grand Forks Air Force Base, N.D., Public Affairs

Visitors to the First Term Airman's Center at Grand Forks Air Force Base, N.D., might notice a different sign out front these days.

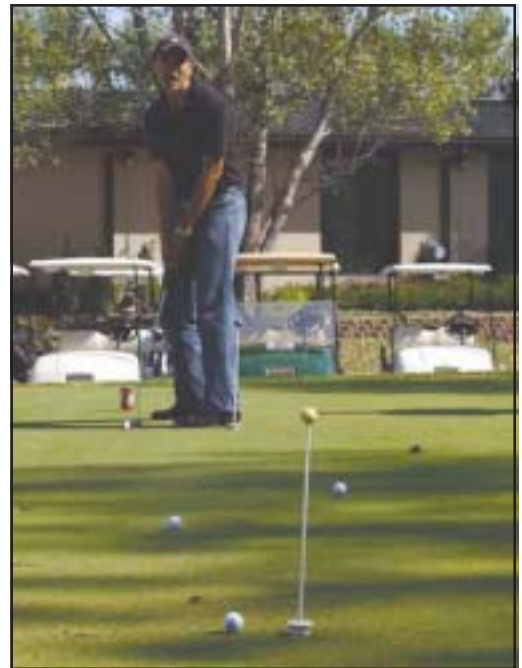
"We changed the name to the Warrior Professional Development Center to give it a more 'Warrior' image," said Master Sgt. Stu Eidenschink, wing career advisor.

"The change also allowed us to combine all enlisted professional development programs in one building. It's

one-stop shopping for a successful enlisted career."

With a change of location came a change in curriculum for students.

"About 70 percent of the curriculum is mandated by Air Mobility Command," said Tech. Sgt. Shannon Wall, WPDC director. "We've not only



Airman Basic Ernesto Romancruz, 319th Services Squadron, practices his putting recently during the first WPDC outing to the golf course. Photo by Senior Airman James Croxon

Team Ali pays tribute

Clockwise from left, Ali Air Base, Iraq, Honor guard members Tech. Sgt. Gregg Rankin, 407th Expeditionary Services Squadron; Tech. Sgt. Steven Shin, 407th Expeditionary Civil Engineer Squadron; Senior Airman Adam Merrill, 407th ESVS; and Senior Airman Sheryl Washington, 407th ECES, lower the flag during a 9/11 retreat ceremony recently.



made changes to the remaining 30 percent, we also made the mandated portion more interesting."

The new curriculum engages the students with team building exercises, hands-on demonstrations and briefings that get the students' attention through humor, said Sergeant Wall.

Another change is the 319th Services Squadron briefing. It went from a slide presentation listing the services to actual field trips to

the golf course for putting lessons and visits to the bowling center.

"It gives the students the chance to experience the base services instead of just hearing about them," said Stan Bruggeman, Plainsview Golf Course manager.

"For a program that gets more than 380 students each year on average, tailoring the program to their needs is the first step in professional development," said Sergeant Wall.

Europe teams go head-to-head at 'Halo 2' on-line tournament

By Ben Murray
Stars and Stripes

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The gunfire in the game room of RAF Mildenhall's Bob Hope Community Center is so heavy that James Coleman is literally yelling at the screen, a mix of curses, yelps and cries of glee that rise steadily in volume and pitch as the game nears its end.

Flanked by three teammates in the throes of Saturday's "Halo 2" tournament, Mr. Coleman is desperately hunting a man from Spangdahlem who has just thrown several grenades in his shorts and evaporated, moving to a new firing position.

It's a situation that has become so frantic and agitated Mr. Coleman so severely that a man with the game name "Crazed War Pig" has to tell him to calm down.

"Chill out, dude, breathe," advises the teammate, Ian Baker, an RAF Lakenheath resident. "Breathe, James."

Seated amid the scattered jetsam of a video game tournament — pizza boxes, soda bottles, random electrical gadgets — the four are engaged in the colorful and competitive world of online "Halo" tournaments, a periodic marathon of virtual death and mayhem that brings Air Force bases together four times a year.

"Halo," for the uninitiated, is a first-person shooter game in which an armored-up soldier called "Master Chief" hunts down enemies

from a league of hostile aliens on distant planets called the Covenant.

In tournament mode, four-man squads of Master Chiefs, armed with automatic weapons, grenades, rocket launchers and an arsenal of borrowed alien guns, duke it out in multi-tiered arenas. The first team to score 50 kills on their opponent wins the round. Teams play best-of-three matches in a double elimination tournament; the winner gets mostly bragging rights and a sense of satisfaction.

Wired together from bases across Europe and including Turkey and England, teams from six air bases engaged in a recent Saturday tournament: Spangdahlem and Ramstein in Germany, Mildenhall and Croughton in the U.K., Aviano in Italy, and Incirlik in Turkey.

"Once we received the dates from USAFE," said Stephanie Lown, community center director, "it was a case of finding RAF Mildenhall's Halo 2 expert players and making sure our live accounts were up and running."

In Mildenhall, the home team is almost a Hollywood construct of a unit headed into battle: a calm, confident leader named Bobby Schmedeman (aka "Fear Lawless"); a jittery, caffeine-fueled aggressor; the boastful, overconfident brute; and, of course, the quiet one.

Mildenhall team members, without nicknames, are Mr. Coleman and Mr. Schmedeman (military family members), Justin Lanser



Toting double plasma rifles, RAF Lakenheath's Ian Baker (game name "Crazed War Pig") yells to his teammates during a recent "Halo 2" tournament, played online across Europe between six teams. Photo by Ben Murray

Continued on next page



Well-oiled machine

Master Sgt. Paul Baldonado, Air Force Services Agency, works on his car at the auto skills center. The Randolph Air Force Base, Texas, Auto Skills Center offers a variety of services, including air conditioning service, wheel alignments, battery checks, work stall rentals, wheel balances, tire changes and much more. Photo by Dave Terry

Players grab grenades, rocket launchers for Halo 2

continued from page 28

(family member) and Airman 1st Class Roberto Ramirez with the 67th Special Operations Group.

In warm-up matches against online opponents, the foursome looks unbeatable, scything through other Halo squads with merciless efficiency.

But when the team from Spangdahlem that calls itself Brickhouse materializes for a showdown in the vacant, futuristic industrial park that is the setting for the first round, things change immediately.

"Brickhouse" goes straight to work on the U.K. team, and curses start flying around the game room as the bodies fall.

"[Expletive] battle-rifle-toting freak!" yells Mr. Coleman (game name "Drezzek"), the jittery one, as he goes down.

The reference is just one of many in the quirky lexicon of "Halo" players that also includes the well-used phrases "newb combo" (a lethal plasma pistol/battle rifle combination), and "I got sword."

Talk among players is like that of hardened vets storming a city.

"Everybody up here on me," Baker says, trying to organize an assault.

"Don't go in there alone," Mr. Coleman warns.

"I always go alone," says Mr. Baker, with a touch of gravitas.

As Saturday's tournament gets rolling, Ramstein and Spangdahlem appear to be the teams to beat, marching through the winner's bracket while Aviano and Mildenhall suffer first-round losses. Clawing back through the losers' bracket, the Italy-based team eventually works its way back up to face Ramstein in the finals, remanding Spangdahlem to third place in the process.

In the end, the Italy-based team won the final, with Ramstein second and Mildenhall fourth and the Croughton and Turkey squads last.

The next Air Force "Halo 2" tournament is scheduled for late winter.

Luke Thunderbolt of the Week

Name and organization:

Staff Sgt.

Robert Obee, 56th Services Squadron

Call sign: OBEE WAN

Duty title:

Lodging front desk supervisor

Time in service: Six years, six months

Hometown: Philadelphia, Pa.

Previous assignments: Deployments to Al Dhafra Air Base, U.A.E.; Al Qatar AB; Tallil AB, Iraq; and Arar AB, Saudi Arabia

Goals: To not let any goal go unaccomplished, ever.

Inspirations: My friends, senior NCOs and past supervisors

Hobbies and off-duty interests:

Drums, the band and more drums!

Spending time with my dog, Nala.

Self-description:

I'm a genuine person. Hopefully other people would agree with my self-description.

Commander's comments:

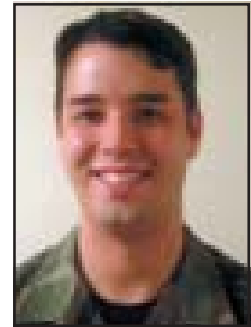
"Sergeant Obee demonstrates the

core value of excellence in all we do," said Capt.

Shaloka Reed, 56th SVS combat support flight commander.

"As the front desk supervisor, a position normally held by a master sergeant, Sergeant Obee is not only doing a great job, but also setting the example for those around him.

"His hard work directly contributed to our lodging operation receiving 92 percent on their Air Force Innkeeper



Staff Sgt. Robert Obee

Accreditation conducted by AETC.

"He's a tremendous asset to our lodging operation and an invaluable member of our squadron."

Hickam Voices:

What will you take from your experience here (deployed location SEA)?

"I've learned mutual organization - how to make a 10 x 10 cell with bunk beds into a bedroom for two

"I've also learned time management - how to be in the shower and on time for work when sharing five showers with more than 60 women."

Tech. Sgt. Cheri Palmer

15th Services Squadron



Tech. Sgt. Cheri Palmer

"I would have learned the art of true communication as well as listening effectively to the concerns of the people I serve."



Staff Sgt. Lorraine Banks

Staff Sgt. Lorraine Banks
15th SVS

"I will take the experiences that I have



Staff Sgt. Darryll Stewart

gained out here and use them back at my home base to help better my career."

Staff Sgt. Darryll Stewart
15th SVS

Eglin 96th Services commander named Field Grade Officer of Year

By Capt. Victoria Keegan
Eglin Air Force Base, Fla., Public Affairs

Although Lt. Col. John Williams, 96th Services Squadron commander at Eglin Air Force Base, Fla., was named the Air Force Services Field Grade Officer of the Year, he attributes his success to his people.

"I am eternally grateful for the opportunity to lead the men and women of the 96th SVS and I know I wouldn't have won this award if it hadn't been for their hard work," he said. "The best any leader can hope for is to have those in his organization strive for excellence using the talents they have been blessed with to accomplish the mission."

Colonel Williams led more than 750 people who won more than 50 awards above the squadron level, including two Air Force awards and 20 AFMC awards.

Services added eight new facilities including an all-weather swimming pool, a new \$4.5 million enlisted club, a new child care program and a \$7 million bowling center upgrade.

"When you consider the fact that we have served over 1 million patrons this past year under austere conditions like multiple hurricanes and storms, 40 percent of the military deployed, monthly (exercises) and sheer exhaustion ... you have to realize it is all about the people."

One of the highlights from last year was the squadron's Hurricane Ivan recovery, where he said he watched, "... an incredible team pull together to accomplish nothing short of a miracle." That miracle entailed serving hot meals and providing lodging in 24 hours of the all clear. They also had all services facilities on-line in

72 hours.

Colonel Williams said he has had "... the best career any person could ask for." He worked 16 years in acquisitions including the Eglin smart weapon programs — Wind Corrected Munitions Dispenser, Joint Direct Attach Munitions and the Joint Air-to-Surface Standoff Missile before his selection

as the Services commander, and has been surrounded by many professionals.

The key to his success is to balance God, country and family, he said.

"I would like to say that I kept them in balance throughout, but in reality there were times when I didn't," he said. "Fortunately

for me, I have a great wife and kids and good solid base of close friends who hold me accountable so I never stay out of balance very long."

Colonel Williams deployed to Iraq as a squadron commander recently and will become the 96th Mission Support Group deputy commander when he returns.



Lt. Col. John Williams, 96th Service Squadron commander at Eglin Air Force Base, Fla., delivered Meals Ready to Eat to shelters prior to Hurricane Ivan. Services personnel were the last team to depart the base prior to the hurricane and first one to return after the hurricane. They disbursed more than 7,000 MREs and 7,000 bottles of water. Photo by Capt. Victoria Keegan

Deployed sergeant served in four branches of U.S. military

By Master Sgt. Cheryl Toner
380th Air Expeditionary Wing Public Affairs

Staff Sgt. James Murphy isn't your typical Airman. A 30-year-old tattoo of U.S.M.C. peeking out from his T-shirt sleeve and his no-

nonsense attitude may shed light on some of his life story, but it wouldn't come close to telling most of it.

Sergeant Murphy, a night shift supervisor for the flightline dining hall in the 380th Expeditionary Services Squadron,

is deployed from the 920th Rescue Wing from Cocoa Beach, Fla.

After almost three years in the Air Force, the 48-year-old never thought he'd be here, in the Air Force. He also didn't think he'd go from

the Marines, to the Army National Guard, then to the Navy, and finally into the Air Force Reserve over a 30-year time frame.

"It's not like I planned it," he said.

But he said he remembers exactly when it all started.

"I remember being on a bus with my grandmother — an old Irish woman — and we passed a billboard with a Marine in his green winter service dress," he said, smiling with the memory. "I remember pointing at it and telling my grandmother that's what I wanted to be."

His grandmother looked down and the 6-year-old Murphy and said, "Oh boy son, those are tough men."

The Bronx native held true to his dream, and in 1973 he dropped out of high school — "We could do that back then," he said — and joined the Marines at age 17. He soon earned is

GED and went on to serve nine years with the Marines. He admits, though, if he were to fast-forward time to 2005, he never would have guessed this would be the future: A former Marine trading his weapon for a spatula! Any Marine worth his salt probably would tell you they wouldn't do it, not even on a dare.

However, there was a reason for each twist of his service.

Deciding to pursue a career in law enforcement, he left the Marines in the late 1970s.

However, civilian life was too sedate for the former Marine, so he decided he wanted to come back. But it wasn't meant to be.

"They said I was too old," he said.

Not that Sergeant Murphy was too old to enlist or re-enlist.



Staff Sgt. James Murphy serves food at the flightline dining facility. His military career spans 30 years and he has been in the Marines, Army National Guard, Navy and Air Force Reserve. Sergeant Murphy is assigned to the 380th Expeditionary Services Squadron. Photo by Master Sgt. Cheryl Toner

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Soldier, Airman, Sailor, Marine

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They said he probably wouldn't want some young guy telling him what to do.

So he went into the Army National Guard. After a year, he decided he wanted more, but not of the Army. So, on a whim, he and one of his friends joined the Navy.

As a Seabee military instructor, "it was kind of like the Marines," he said. After four and one-half years, it still wasn't enough to feed the patriot desire that burns within.

He said he is not a "war monger," but he wanted to be in the mix of things. "I

wanted to be where the action is," he said. "I have no illusions (about war). I just feel like it's the right thing to do. Serving is the price of citizenship."

While he didn't deploy, he did find himself in the middle of what looked like a war zone. Having worked as a customs agent in the World Trade Center and seeing the events of Sept. 11, 2001, unfold, he said he had to do something.

Assigned to the Naval Reserve Headquarters in New Orleans, he worked federal orders to get

assigned temporarily to the N.Y. National Guard.

As the only Navy person on that type of orders, he is specifically noted in the Naval History Society archives. Returning to his civilian law enforcement agency job, he still wanted to contribute more to the military and its worldwide reach.

So, living next to Patrick Air Force Base, Fla., the customs agent decided to go into the Air Force Reserve in 2002. Convinced that this time he would be in the mix somewhere, Sergeant Murphy raised his right hand

for the fourth time, enlisting as an aerial gunner.

"You have to see action doing that," he said.

Yet after one and one-half years, "no slots, no school," meant that he wasn't deploying anywhere. He then decided to go into the services career field where he immediately went into training and eventually deployed. Finally.

He also finally was able to answer the call to action he saw in his youth. His father was in the Army during the Korean War. His neighborhood also was rife with former

Marines who reflected the tough attitude of Sergeant John Stryker (John Wayne) in "The Sands of Iwo Jima."

"The old Marines, telling stories like they do," he said, "they were the best."

He has no patience for "sunshine patriots" who, he said, "sit on bar stools and talk about what should be done, rather than doing what needs to be done."

In the end, he said all of the military services "got a fairly big chunk of me." And that is exactly what he wanted.

AF recognizes Hill professional performer

During the recent 2005 Air Force Innkeeper evaluations, Cammy Meadows, Hill Air Force Base, Utah, lodging administrative assistant, earned the Professional Performer Award for Hill. Each year the evaluators select lodging employees who exemplify the highest standards of professionalism, attitude, customer service and job knowledge. Ms. Meadows also competed with the best throughout the Air Force for the Innkeeper's Traveler Award.

Courtesy photo



Agency Profile:

Sandi Dickerson, Carol Sudy: Telling the Services story

By Lee Schwabe
Air Force Services
Agency

"What's all this fuss I keep hearing about telling the Services story," Miss Emily Litella of Saturday Night Live might ask if she worked at Air Force Services Agency.

Sandi Dickerson and Carol Sudy in Marketing could answer that question. They are two of the folks responsible for large parts of the Telling The Services Story initiative.

Ms. Dickerson and Ms. Sudy bring many years of experience with them in Services Marketing. It's no wonder that when Art Myers, Services Director, called for this movement, Ms. Dickerson and Ms. Sudy were put on the job.

What is TTSS?

"TTSS is a corporate branding campaign," Ms. Dickerson explains, "to enhance the identity of Services

worldwide to better educate our internal and external customers about what Services does, what we bring to the fight, what we do on the home front and what we do to serve our troops on the front line."

San Antonio native Ms. Dickerson sounds well at ease when talking about the campaign. Her poise comes from years of experience with Morale, Welfare and Recreation in the armed forces.

She smiles when she says, "I am a 'purple suiter,' having worked as a marketing director on Marine Corps Base Hawaii, as well as for the Army as marketing director of Hale Koa Hotel in Waikiki."

Ms. Dickerson returned home three years ago to work at the Agency, after 11 years in Hawaii, where her last position was the marketing chief for Pacific Air Force Services.

"I finally made it to the best branch of service," she adds.

The ILV-directed TTSS campaign was launched in January 2004.

Mr. Myers brought to leadership his concern about not being able to see a Services brand or identity on so many of our programs.

"We do lots of good things for people," Ms. Dickerson said, "but people didn't know these things are operated by Services."

This program, this facility, is brought to you by Services.

To begin the awareness campaign, the Services logo was updated and new logo guidelines issued.

Ms. Dickerson, who coordinated the logo change, says one big challenge is to provide bases opportunity to have some of their own personality within a corporate program.



From left, Carol Sudy and Sandi Dickerson hold a "Telling the Services Story" program poster. Photo by Lee Schwabe

"It's important," she states, "to allow for some customization at base level, but within a standard to keep the 'corporate image' intact. It's something that's been a long time coming."

She uses a famous example. "Just as McDonald's has a corporate image — the buildings may not look the same, there may be some localized menu items, but the arches are always there."

Carol Sudy adds, "One thing our customers always say is that they don't know what Services offers when they go from base to base; this helps give instant recognition."

Helping bases help themselves

A corporate branding campaign typically involves putting lots of logos in lots of places. All this signage and branding can cost a lot of money. This

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Dickerson, Sudy tell the Services story

continued from page 34

money can be well and smartly spend, however, by thinking ahead.

Ms. Sudy was responsible for much of that thinking and coordinating.

"For this TTSS program," said Ms. Sudy, "we were able to do signage at economy of scale. By going out for bulk buys, we were able to save over two million dollars. Fortunately, we had the support from the bosses upstairs and AFNAFPO."

Ms. Sudy's previous Services experience proved invaluable in this effort. Having worked as a facility manager, she knows their trials and tribulations.

"I feel their pain," she said, "but I also know the marketing

side. When I did the TTSS signage, I wore both hats. What would I accept as a facility manager, and what needs to happen from a marketing side."

Ms. Sudy brought her talents to the Agency's Marketing department in 2002, coming from Armed Forces Entertainment. She's done tour coordination for Tops In Blue, and previous to that worked base-level marketing at Ramstein.

All work and no play?

One might think that after dealing with TTSS all day, Ms. Dickerson and Ms. Sudy would have no time or interest in outside activities. One would be wrong.

Ms. Sudy has a lot of interest in interior design. She learned by doing staging with Tops In Blue how and where to find good materials at great prices. People have said she knows how to make a silk purse out of a sow's ear.

"I like to do things at a good price with a good result," Ms. Sudy said.

This past year, her brother engaged her services to help decorate his new home.

While San Antonio doesn't offer Ms. Dickerson the ocean sports of surfing, kayaking, snorkeling and body boarding she enjoyed in Hawaii, she finds other ways to keep active. She is an avid swimmer, hiker, and event

leader in the Adventure Club of San Antonio.

If that wasn't enough, she volunteers teaching a weightlifting class twice weekly at Community Bible Church, and is also a certified spinning (studio cycling) instructor.

"Another pastime, well maybe passion, of mine is dancing," Ms. Dickerson said. "I enjoy Country and Western, salsa and trying to learn swing. My two favorite playmates are my dogs - a "Jackrat", a Jack Russell-rat terrier mix named Puddin-head and Roxie the Doxie, a miniature dachshund."

The result is worth it

Some programs take a long time to

come to fruition, but the result is worth the effort. Ms.

Dickerson and Ms. Sudy feel good knowing that we can affect change from Agency level.

"I think it's the warm fuzzy," Ms. Sudy said. "I went to Kirtland just recently and I was blown away by how well they had branded their services, how well they were using agency promotions and expanding them to fit their own needs."

The base-level marketing folks have said it's been a long time coming and they really need it. Sandi Dickerson and Carol Sudy are just two of the people behind the telling of the story, working to make it happen.

11 Services members selected as new Chiefs

The following senior master sergeants were selected for promotion to chief master sergeant in the last promotion list.

Vernon Boardley, 15th Services Squadron, Hickam Air Force Base, Hawaii; **Don Carney**, 509th SVS, Whiteman AFB, Mo.; **Aubrey**

Harvey, 347th SVS, Moody AFB, Ga.; **Thomas Kierstad**, 72nd Mission Support Group Services, Tinker AFB, Okla.; **Shelia Knox**, Air Force NCO Academy, Maxwell AFB, Ala.; **Vyanne Roush**, 354th SVS, Eielson AFB, Alaska; **Don Thornton**, Air Force Personnel Center, Randolph AFB,

Texas; **Jillian Helm**, 27th Mission Support Squadron, Cannon AFB, N.M.; **Thomas Connolly**, Pentagon, Washington, D.C.; **Jimmy Daniels**, Air Intelligence Agency, Lackland AFB, Texas; **Lonnie Slater**, 18th Aircraft Maintenance Squadron, Kadena Air Base, Japan.

Names, faces in the news

Nellis Leadership School graduates

Staff Sgt. Ayana Barnett
99th Services Squadron
Leadership Award
Student Leader
Red Horse Flight

Staff Sgt. Jayson Herrera
99th SVS
Student Leader
Defender Flight

Staff Sgt. Atabeira Flores-Finner
99th SVS
Student Leader

SVS Airman reenlists at Peterson

Senior Airman Andrea Hooper, 21st Services Squadron at Peterson Air Force Base, Colo., recently reenlisted.

Brooks names fourth quarter award winners

The quarterly winners for the fourth quarter awards were recognized at a ceremony at the Brooks Club. Eric Stephens, director of the 311th Human Systems Wing at Brooks City-Base, Texas, presented the winners with their awards.

GS-03 through GS-05
Janice McMahon
311th Services Squadron



McMahon

Whiteman Employee of the Week

Lori Pitts, 509th Services Squadron, is the Whiteman Air Force Base, Mo., Spirit Civilian Employee of the Week.



Lori Pitts

Mrs. Pitts filled out necessary paperwork for enough beverages to support the Whiteman Airmen's Bash in July.

"She went above and beyond to help us out," said Senior Airman Leila Hemenway, 509th Bomb Wing. "Her efforts helped to improve Airmen morale and make the event successful."

FTAC graduates

Ryan Phelps and Tavia Mikesell, 21st Services Squadron at Peterson Air Force Base, Colo., recently graduated from the First Term Airmen Center.

SVS Airman ALS Class 05G distinguished grad

The goal of the Airman Leadership School at F.E. Warren Air Force Base, Wyo., is to prepare senior airmen to become effective Air Force supervisors.

Senior Airman Isabella Milks, 90th Services Squadron, was the Distinguished Graduate Award winner.

Seymour Johnson Leadership School graduate

Graduation ceremonies for the Chief Master Sergeant of the Air Force James C. Binnicker Airman Leadership School class 2005-F at Seymour Johnson Air Force Base, N.C., were held recently.

Senior Airman Charles Boyce, 4th Services Squadron; was a graduate.

Man on the street

The Warren Sentinel asked Warren members, "Why did you join the Air Force?"

"I always wanted to be in the Air Force, ever since I was a kid."

- **Tech. Sgt. David Goldbach**, 90th Services Squadron, F.E. Warren Air Force Base, Wyo.



Goldbach

Ali Speaks

What tips do you have to pass onto AEF members for a successful deployment?

Staff Sgt. Kristina Pace,

407th Expeditionary Services Squadron

"Set goals, whether it is furthering your education, learning to speak Arabic or getting desert-"buff." Setting goals and striving for them will make time fly by."



Pace

Youth Center member wins Presidential Scholarship

By Tina Madsen
Peterson Air Force Base, Colo., Youth Center

A Peterson Air Force Base, Colo., family member and participant in the R.P. Lee and F.E. Warren Air Force Base, Wyo., Youth Centers has been awarded a \$1,000 Presidential Freedom Scholarship.

Joanna Harter, 17, daughter of Lt. Col. Mark Harter, Air Force Operational Test and Evaluation Center division chief, space control, won the scholarship for outstanding community contributions at both youth centers.

In addition to being a straight-A student, Ms. Harter is an award-winning concert and jazz band pianist, and volunteers at a local horse camp for handicapped children, as well as at the Rocky Mountain Foal Rescue.

Additionally, she was selected as an official Cheyenne Frontier Days ambassador on the

CFD Dandies precision western horse riding team where she performed in more than 30 parades and rodeos for more than 100,000 people in 2004.

The Presidential Freedom Scholarship is a national initiative that recognizes high school juniors and seniors who have made outstanding contributions to community service.

Students are nominated to receive the scholarship by their high school or local Boys & Girls Club of America.

The Corporation for National and Community Service, which oversees the program, provides \$500 for the scholarship. A community organization provides the remaining \$500.

"Community service is an integral part of what it means to be an



American citizen, and these young adults are exercising their duty with great distinction," said David Eisner, Chief Executive Officer of the Corporation for National and Community Service.

"We're proud to be able to offer these scholarships, which recognize outstanding service-related achievements, build community partnerships, provide educational opportunity and spur other young people to get involved in service and volunteering."

Ms. Harter plans to attend college in Colorado Springs with a focus on environmental journalism.



Sweeps winner

Kevalyn Boettner can't help but smile as she poses with a new television and DVD set she won during the annual Services Summer Sweeps party held in the Enlisted Club parking lot recently. The 374th Services Division at Yokota Air Base, Japan, holds the sweeps-takes contest each year. Photo by Blair Downs



Future fighters

The Nellis Air Force Base, Nev., Fire Department visited the Child Development Centers recently to teach children about fire prevention and safety in recognition of fire prevention week. Children were able to tour the inside of the trucks and were also visited by Sparky. Photo by Jennifer Vollmer

Artist teaches 'Joy of Painting' to untrained

Rebecca Whitaker, catering manager for The Tides, receives direction from oil painting instructor Sally Dorer.
Photo by Chuck Nolan

By Lori Peppers
45th Services Squadron

For nearly 15 years, painter and television personality Bob Ross taught television viewers the Joy of Painting. Today, some 10 years after his death, instructor Sally Dorer is passing on Ross' technique and love of painting at Patrick Air Force Base, Fla.

Trained and certified in the wet-on-wet Ross technique using oils, Mrs. Dorer said, "Anyone with a desire to make beautiful things happen on canvas can be a painter."

Mrs. Dorer was certified as a Bob Ross trainer after completing a nine-week program at a training school in New Smyrna Beach, Fla., where she studied application of the technique in three categories: floral, landscape and wildlife.

"That was two years ago," she said, "I never planned to teach

painting, but after experiencing back and neck problems from the stress of an 80-hour work week, I began teaching out of Patrick's Arts and Crafts Center to relax and relieve stress."

For the untrained, the idea of creating a work of art is daunting. Mrs. Dorer contends that the step-by-step teaching technique is very forgiving.

"Anybody – regardless of his or her skill level – is able to produce a masterful work," she said.

"The general reaction from first-time painters is disbelief," she said, "Whether it's your first time painting, or whether you've painted for awhile. You don't have to study art or know any art theory to be a successful painter."



She offers as a case in point the experience of one student, who was actually in his 70's and had never painted at all. At the end of the five-hour course he came to her in tears at the reality of having produced a wonderful art piece.

"What a gift it is for me to enable someone to realize their talents," Mrs. Dorer said.

Each student produces an oil painting on a single 16x20-inch canvas. Although anyone of any age can master the technique, students must be at least 12 years old to take the course at Patrick because of the chemicals and oils used.



Sparkle for the ball

Senior Master Sgt. Don Carney, 509th Services Squadron, scrubs a vehicle during the Air Force Ball car wash in the Whiteman Air Force Base, Mo., Base Exchange parking lot recently. Members of AADD, Airmen's Council, Company Grade Officers' Association, Tier 2 and Top 3 provided the manpower and supplies for the fundraiser. The car washers collected more than \$950 in donations that will be used for the Air Force Ball extras, to include a disc jockey and decorations. Photo by 2nd Lt. Candace Cutrufo



Lisa Coon reads to preschoolers at the Sembach Library during story time recently. Photo by Staff Sgt. Marie Cassetty

**By Emily Reagan
Kaiserslautern
American**

Every Thursday at 11 a.m., she reads two stories to about 20 children, teaches them sign language and puts the educational lesson together with a craft activity.

"I love to see the children signing and hearing them get excited about the library and learning," said Lisa Coon, the "story time lady" at the Sembach Library.

In addition to her preschool story-telling hour, Ms. Coon is quite the "mega-volunteer" in the Sembach community. She leads a jogging club, a health program and a playgroup, volunteers at the Airman's Attic and for various Protes-

tant Women of the Chapel committees. On top of all that, she home-schools her three children and just recently finished her college degree in psychology.

"She's most remarkable, unselfish, dedicated, tireless woman living in the Sembach military community," said Helen Lehman, a librarian at the Sembach Library. "She has touched the lives of many children, youth and families."

Ms. Coon and her husband, Tech. Sgt. Robert Coon, 86th Maintenance Squadron, have been stationed at Sembach for four years. At previous bases, she was just as active, volunteering for the Airman's Attic, directing

plays, teaching Sunday school at base chapels and more. At their last assignment at Kadena Air Base, Japan, she worked with a crisis pregnancy center and helped man its hotline.

"I volunteer for several reasons, not only to help better my community, but it gives me a feeling of belonging and accomplishment," said Ms. Coon. "I believe I've been given talents and I want to use them to the best of my ability. I do not think about the amount of time that goes into my volunteer work. It's just part of my life – it's my lifestyle."

She also took charge of the Sembach Playgroup when the former leader PCSed.

'Once upon a time' 'Story time lady' entertains, teaches Sembach youth

"I have children who love playgroup I wanted to see it continue and grow," she said. "It's nice just to get together with other parents where the kids can play in a warm and safe atmosphere."

She's also spearheading a new walk/run club.

After years of running and walking by herself, she started the "7:20 Club" to encourage people to get out of their houses and get active together.

"It occurred to me that there were many family members and active personnel who did not have the opportunity to work out with a group," she said. "I know that I'm more determined when I have someone who will push me and support me."

In addition to the exercise club, she runs a Christian-based health program focusing on healthy eating and having a balanced life. The program has helped her lose 65 pounds.

"The program means a great deal to me because it gives me the opportunity to motivate and encourage others who are on the pathway to better health," she said.

Finding the time and the places to volunteer is easy, she said, especially in the Sembach community.

"We've enjoyed living at Sembach because it has a warm, small-town feel. It is nice to belong to a community where everyone knows your face and name."

FITNESS & SPORTS

New running track open at Altus

**By Airman 1st Class
Aldric Borders
Altus Air Force Base,
Okla., Public Affairs**

Altus Air Force Base, Okla., has a new running track.

The track is located between Bldg. 331 and the Solar Inn Dining Facility and runs east and west.

Altus AFB awarded Muscogee Nation Business Enterprise, an Oklahoma company,

a \$695,000 contract to construct the new facility, said Tom Williams, chief of Simplified Acquisition of Base Engineer Requirements of the 97th Civil Engineer Squadron.

The track has six lanes and is made of a rubber coated asphalt surface, he said.

"Running on this type of surface is much better than running on a hard surface," said Ron

Gomilar, fitness center director. "The rubber cushion will prevent people from having injuries."

The track is surrounded by lights which have user activated timers for night jogging. The lights can be activated for an hour at the push of a button, said Mr. Williams. In addition to this, the grass infield has an automated irrigation system.

"The facility is state of the art," said Mr. Williams.

The project is designed to support the Fit to Fight program being implemented throughout the Air Force.

"The Fit to Fight initiative has become very big and important to Air Force leadership," said Mr. Williams. "This track provides a smart, usable facility in the center of base, accessible to everyone."



Altus' new six-lane track is officially opened after a ribbon cutting ceremony. The track has rubber cushioning which helps prevent injuries while running. Construction took less than a year after being started Oct. 8, 2004. Photo by Airman 1st Class Aldric Borders

Grand opening at Lakenheath

New fitness center promotes healthy lifestyles

By 1st Lt. Carla Gleason
RAF Lakenheath Public Affairs

A ribbon cutting ceremony marked the opening of a new \$10.8 million fitness and health complex at Royal Air Force Lakenheath recently.

The 32,000 square-foot facility marks the completion of the first phase of a project that will ultimately offer Team Liberty members a 55,000 square-foot health and fitness complex.

The new facility houses the base's health and wellness center with classrooms and a demonstration kitchen, two full-sized basketball courts, a weight and nautilus room and aerobics room. The fitness and health complex is open to active duty-military personnel, Department of Defense civilians, retirees and their family members.

Col. Steven DePalmer, 48th Fighter Wing vice commander, presided at the opening ceremony.

"The opening of this new facility stands as a testament to the Air



The opening of the \$10.8 million fitness and health complex marks the completion of the first phase of a project that will ultimately offer Team Liberty members a 55,000 square-foot facility. Photo by Airman 1st Class Kristi Mulder

Force's relentless pursuit to improve physical fitness and combat readiness," said Colonel DePalmer. "This is a great example of what happens when the Air Force puts its money into its most valuable weapon system: its people."

Following the ceremony, the attendees were granted access to the new facility and a few took the opportunity to catch a quick workout or grab a smoothie from the HAWC kitchen.

"The new facility will not only enhance combat readiness for the military members here at RAF Lakenheath, but it will promote healthy lifestyles for their family members as well," said Capt. Stella Grayson, 48th Services Squadron combat support flight commander. According to Captain Grayson, the new center embodies the high standards leadership have for the quality of life and physical fitness at Lakenheath.

Run, DJ, run!

D.J. Hampton, 12, son of Donna and Darrell Hampton, 100th Services Squadron at Royal Air Force Mildenhall, attempts to sprint along the bungee run, while attached to an elasticized rope, and stick a bean bag onto the side to see if he can reach further than his first try. This was just one of the activities for children at the National Kids' Day event at the youth center. Other activities included bouncy castles, a "test-your-strength" game, making ID cards with 100th Security Forces Squadron and McGruff the Crime Dog, and a visit from Sparky the Fire Dog. Photo by Karen Abeyasekere



Fog foils 'Rage on Range,' but doesn't dampen Schriever's spirits

By Staff Sgt. Phyllis Duff
Schriever Air Force Base, Colo., Public Affairs

Wanted: Adventurous athletes to team up for rugged, racing competition on Rampart Range in the Colorado Rockies. Only those in excellent shape need apply.

Seven teams of four from Schriever Air Force Base, Colo., the U.S. Air Force Academy and Peterson AFB, Colo., answered the call on a recent Friday morning, gearing up for anything and expecting everything.

Not a peak of sunlight could penetrate the pillows of clouds that enveloped the Rockies and seemed to follow the "Rage on the Range" adventure race from start to finish.

The first leg of the race began near Leo Lake at the Farish Recreational Center. The seven teams, stretched, sniffed, and shiv-

ered a little, as the event coordinator Seth Cannello, Schriever Fitness Center, spelled out the rules of the race and described the challenges the competitors were all about to face. After the brief, teams readied themselves for the five-minute increment start to hit the trail running.

The first team to take off was the U.S. Air Force Space Cycling Team, followed by the Air Force Academy's Team Divas, the only all-female team. Neutiquan Erro, Latin for "I am not lost," then North Side Up took up their paces. Next in line was the Defenders team. Then, Those Who Wander began their journey. Finally, it was hammer time for the seventh team, Hammer Jam, with team members from Schriever, Peterson and the Academy.

Heavy dew drops dripped off the pine and boulder-lined trail which led the

teams to the second challenge — canoeing about a half mile on Rampart Reservoir. Most agreed this is where the fog sabotaged the competition. Its density made the lake and any trail markers virtually disappear. It was impossible for the Schriever Fitness Center crew to get the canoes to the designated pick-up point. Foul play by the fog caused all of the teams early on to exhume more time and energy than expected. Because of this, determining the winning team at the finish was very difficult, said Mr. Cannello.

All of the teams fought onward, each rowing their set of canoes across the reservoir to shore. After rushing up the boat ramp, carrying the canoes, teams prepped for and took off on the first half of the 11-mile bike trek, winding through narrow, curved paths laden with boulders and



Seven teams of four competed in the Schriever Air Force Base, Colo., Fitness Center's Rage on the Range adventure race. Pictures are: Team Hammer Jam: Robin Bridgewater, U.S. Air Force Academy; Eric Vaillancourt, 50th Mission Support Group; Doug Hayes, Air Force Space Command Communications Support Squadron; and Todd Wolford, U.S. Northern Command. Photo by Staff Sgt. Phyllis Duff

endless pine and other trees leading down into Nichols Reservoir—the rappelling point—a challenge some would experience for the first time.

All teams clamored up 115 feet to the top of a mountain cliff, where Schriever Fire Department members and a rappelling professional were ready to

assist two or more members from each 4 person team to rappel over the edge into the fog-covered, rocky abyss.

Back on solid ground again, team members continued forging the trail on bike to what some say was the most

Put me in coach!

Eileen Hendee, from Peterson Air Force Base, Colo., connects for a deep drive to center as she tries out for the Women's Air Force Softball Team at Peterson recently. Air Force women from around the globe participated in the training camp with hopes of making the cut, allowing them to move forward into the 2005 Armed Forces Women's Softball Championship. Each branch of service will be represented in the championship. Women from each team will be selected to compose the Armed Forces Women's Softball Team; this team will go on to compete nationally. Photo by Tech. Sgt. Denise Johnson



Schriever Fitness Center rages in the fog

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adrenaline-pumping part of the race — a steep and challenging half-mile climb, from 7,758 feet up to 8,553 feet.

"(The climb) feels closer to 2 miles — good shoes are a must," said Mr. Cannello.

Once the competitors reached the top, they had to locate an old airplane crash site and then return to the bottom, where they again would board their bikes and journey on to the finish line at the Academy. The cumulative 11 biking miles was no easy measure, considering the bikes had to be carried up the mountain ridges toward the end of the race.

In less than four hours, from start to finish, 28 drenched, drained, muddy (and some a little bloody), now hard-core competitors made it to the finish line.

At the Academy's Base Picnic, some curious, even envious on-lookers commented, "How did you guys get to do that? It sounds like fun!" Team-members agreed, it was fun and challenging. No spirits were dampened despite the fog's oppressive shroud.

"I put quite a few miles on my bike—and went on some long runs," said "Hammer Jam" member Doug Hayes. "But I don't think I was as prepared as I should have been — the adventure race was totally challenging and now that I know what to expect, I will definitely do it again!"

"To me, rappelling was the best," said North Side Up team member John Shaw, 4th Space Operations Squadron. "It was kind of surreal to jump off the cliff into the dense fog without seeing the ground below — you really had to trust your equipment."

"We trained together, planned together and finished together," he added. "I'm looking forward to doing it again next year."

Despite hours upon hours of planning, coordinating and making numerous trips to Rampart to plot the trail, no one could have expected the abnormal fog that rolled in.

"Because of all the weather-related problems, it was impossible for me to declare a winner," said Mr. Cannello. "In my opinion, everyone won because they all finished and nobody got seriously injured."

"Despite the problems we faced this year, I'm sure next year's race will be even better," he continued. "We may even include some GPS navigation to add to the adventure."

Disc golf debuts at Hill



Disc golf made its Hill Air Force Base, Utah, debut during Sports Day, recently and there are plans to build a nine-hole course on the east side of the base near the Hubbard Golf Course. Photo by Shad West

By Shad West
Hill Air Force Base, Utah, Public Affairs

Disc golf made its Hill Air Force Base, Utah, debut during the recent base Sports Day.

Organizers of the event set up a temporary course and offered information about the sport and gave tips on playing the game.

The most exciting news to come out of the event, however, was the new nine-hole disc golf course to be built on the east side of the base near the Hubbard Golf Course.

"We were really excited to get permission for the course here on base," said Rick Wardell. "It should be a couple of weeks before the course is up and running."

The course will be adjacent to the East Gate on the old softball field.

Disc golf is the flying disc variant of the game of golf. Instead of a ball and (many different) golf clubs, this game is played with a flying disc.

Players traverse a course making as few throws as possible in reaching objects placed strategically throughout the area.

"It's very similar to ball golf," said Justin Mefford. "We use a basket

instead of a hole. We had a pretty good turnout (during Sports Day) and hopefully we'll get a lot of people into the sport. It's hard at first, but you start improving each time you come out. It really becomes a challenge to get a better score each time you play."

The Hess Fitness Center spent more than \$6,000 for the equipment needed to set up the east side disc golf course.

On each hole players will attempt to reach the target, starting from the tee. Distances for each hole will vary between 60 and 150 meters.

The target or hole is a round metal basket on a pole. Above the basket some loose chains are attached.

These stop the disc in its flight and make it fall down into the basket. The target is reached only when the disc falls into the basket.

"We are really excited about the new disc golf course," said Hess Fitness Center director Karen Wright. "It's a dynamic game that anyone can learn to play."

Organizers hope to get enough interest in the sport to create an intramural league and tournaments.

Coming at ya!

From left Chief Master Sgt. Felipe Vasquez, Master Sgt. Jeff Gideon and Tech. Sgt. Shellie Cohick execute the three offensive stages of dodgeball recently during the 379th Expeditionary Services Squadron 'Old School' versus 'New School' dodgeball match. Photo by Staff Sgt. Helenor Luna



Time to shape things up

Los Angeles Air Force Station, Calif., Fitness Center director Eva Lawson keeps the beat during her work out on an elliptical trainer. Photo by Joe Juarez



Dental downs Services for Lackland intramural golf crown

By Raymond Shelan
Lackland Air Force
Base, Texas, Public
Affairs

The 59th Dental Squadron fought a fierce battle with five other teams, including defending champion 37th Services Division, and put together a fantastic score to become the new

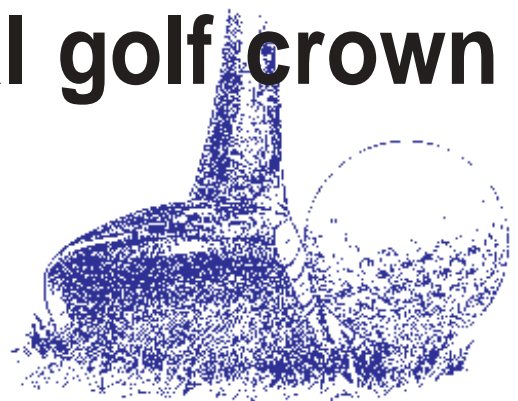
base intramural golf championship by six strokes recently at the Gateway Hills Golf Course.

The Dental victory marked merely the second time during the past 12 years for a team other than Services to win the championship.

Services had won every intramural

title since 1994, except for the 37th Communications Squadron in 2003.

Each organization played the par-72 course over 6,544 yards with two players assigned to three teams for a two-person scramble over 18 holes during the one-day tournament.



Services and the 342nd Training Squadron tied for second place.

For Services, Craig Brooks and

Bud Gentle shot 68, Jimmy Garcia and James Jackson shot 71 and Larry Kraus and Ken Shelley shot 71.

Deployed Services Airman, professional boxer, traveled hard road to success

By Master Sgt. Cheryl Toner
380th Air Expeditionary Wing Public Affairs

Senior Airman Elisha Olivas was born a fighter, but she didn't get in the ring until she was 18. Overcoming a childhood where the

goals were to stay off the streets and out of jail, she not only beat the odds, but she also pulled on the boxing gloves and came out on top.

The Reservist is deployed from Peterson Air Force Base, Colo., and

works in the 380th Expeditionary Services Squadron.

She is well-known around the base for flashing her 200-watt smile, embracing others with her heart-felt giving nature, and teaching cardio kickboxing classes.

As a proud mother of a five- and three-year old son and daughter respectively, one would find it hard to believe she's a professional boxer who has knocked out four people in the ring.

But her life didn't start out all smiles and happiness.

Born in Long Beach, Calif., her father was not in the picture and died when she was seven. To live closer to family, she and her mother moved to East Denver before Airman Olivas started first grade.

Much to their disappointment, the duo was told via an airport white courtesy phone that they couldn't stay with family.

With nowhere to turn, Airman Olivas and her mother were in a desperate situation.

"I was a sweet little girl, but I grew up on the streets," said the 28-year old,

5-foot 2-inch, 125-pound fighter.

Although she said her grandparents helped raise her, she also admitted, "I had no rules because I spent most of my time alone, making my own rules."

Turning the tide in her favor was the day she turned 14. It was then that Airman Olivas said she got a job. She started out with a job sweeping the floors at school. What she later called "an addiction," Airman Olivas eventually worked up to five jobs.

"I was all proud of my \$75 check," she said with a smile.

She went out and earned her keep. By age 18, she had her "little apartment, bible and college," and said she was going through everything necessary to become a nun.

Continued on next page



Tech. Sgt. Kimberly Latimer (left) and Senior Airman Elisha Olivas were two of the top female competitors at a recent power lifting competition here. Airman Olivas is also a professional boxer with a 4-4-1 record. Photo by Master Sgt. Dale Canofari

Services Airman finds her niche in the ring

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Meanwhile, she picked up boxing gloves "to lose 10 pounds so I could go into ballet."

The weight came off, but the ballet never came.

"Boxing was the first thing I was good at right away," she said, so she stuck with it.

After three months, she had her first fight. "It was horrible," she said of humiliation that came with losing her first bout. After "hiding for two weeks," she came back and hit it hard.

In spite of her desire to excel at the sport, the female side of boxing was still in its infancy.

"Back then, (women's) boxing was nothing like it is now," she said. The perception was that boxing was a seedy sideshow and she said people thought she was "a mud-wrestler, a lesbian or just crazy." To top it off, she said, "My first coach didn't even believe in women's boxing."

As she juggled pursuing a religious

quest, going to college and overcoming stereotypes on the mat, she met her future husband at age 19. They married when she was 24.

"We got married on my lunch break at the justice of peace," she said with a laugh, showing both her no-nonsense and spontaneous sides.

But after a divorce, another child and nobody to help her, she was living in a tiny apartment in a bad neighborhood.

"I hit a wall," she said. "I always felt like I was one step behind."

While her brown hair and eyes are reflected in her children, and she has no regrets there; however, she said she knew there was more to life.

Continuing to box and finding a niche in the healthcare business, she found a new interest: The Air Force Reserves. On a whim, she joined and hasn't looked back.

In the Reserves, in her civilian job at

Denver Health, and in the ring, she takes the task at hand straight on. Never even coming close to being knocked out – not even a bloody nose – with a record of 4-4-1, her body has more self-inflicted damage than anything else.

"I've had black eyes, though," she said laughing as she pointed above her left eye. "Every time it happens, my coach says, 'See, I told you so.'" Meanwhile, "my wrists crack, my hands and shoulders throb ... I have creaks and cracks," she said.

Why continue? "Boxing keeps me serene," she said. "It's something everyone needs – a hobby that allows them to breathe." She said when she's in the ring, it's nothing personal and she doesn't feel bad later. "Everything goes blank," she said. "I watch her moves, I watch myself, and when I smell blood, I go for the kill."

However, she said her forte is more defensive and when her opponent is about to go down, "I have to force myself to finish the job."

With four knockouts – two in matches and two in exhibition fights – she said she feels a sense of mission accomplishment.

While she has two children waiting for her back home, this deployment has endeared her even more to the military. She's contemplating going active duty because she loves the camaraderie.

Airman Olivas has also said she's "nobody special," yet her ab routine has become a class. She also works individually with people who want to get in shape, as well as teaching her cardio kickboxing classes.

Some people go through life, as well as deployments, by just getting by. Airman Olivas takes her lead from her mother.

"She's my hero," she said. "She doesn't think she's a hero, but she taught me love ... and she taught me not to label people."



Take me out to the old, new ball game

Members of the Andrews Air Force Base, Md., varsity baseball team, the Falcons, pose for a team picture at Camden Yards, Baltimore, Md., home of the Baltimore Orioles. Through the help of Chuck Rose, Andrews Fitness Center director, and team manager Tech. Sgt. Jeffrey Dahlke, Andrews put together a varsity baseball team for the first time. The team was able to play once at BaySox Stadium in Bowie, Md., and was privileged, with the approval of the Baltimore Orioles Organization, to play at Camden Yards against the Navy. The Navy pulled ahead late and came out with the 10-1 victory. Win or lose the Falcon players were just happy to be able to play in a major league stadium. Courtesy photo

Andersen spin coaches learn Johnny G style of indoor cycling

By Tech. Sgt. Bryan Gatewood
36th Air Expeditionary Wing Public Affairs

More than 15 individuals participated in the Johnny G Indoor Cycling orientation class recently at the Andersen Air Force Base, Guam, Coral Reef Fitness and Sports Center.

The class was lead by Johnny G Master Instructor Tony Vargas, a 20-year veteran of personal training.

"Indoor cycling is more than a workout, it's a philosophy," said Danielle Knutson, exercise physiologist with the health and wellness center. "Whether you ride to get stronger, nurture your body and spirit, sweat out the events of the

day, or reinvent yourself is what makes this more than just an ordinary workout. This class will energize, challenge, and inspire."

Carrie Cardan, a spin instructor, took the class to further her knowledge, education and be a better coach for indoor cycling.

"The orientation was awesome," she said. "I want to make their (beginner to advance riders) workouts an exciting but enjoyable ride."

During the class, Tony Vargas explained the Johnny G style of spinning and then later let the students get on the bikes to practice what they learned.

"We got on the spin bikes and experienced a few of the techniques we learned from the lecture," Mrs.

Cardan said, "like the importance of monitoring our heart rate and focusing on an enjoyable ride."

Not only can spin class be enjoyable, but "it's just one of the many ways to stay fit," Mrs. Cardan said.

"At its core, spinning is a journey to health and fitness," said Ms. Knutson. "It's an opportunity for you to not only experience an incredible training program, but it also offers a personal challenge, camaraderie and energy all at your own pace," Ms. Knutson added.

The orientation is just one step in the path to become a certified instructor. The students will study the material for six months and then take a test before they are certified instructors.

Just tap it in

Stan Bruggeman, 319th Services Squadron at Grand Forks Air Force Base, N.D., taps in a putt on the ninth green while George Berg and Randy Trontvet watch during the recent Military Affairs Committee annual golf tournament at the Grand Forks Country Club. Photo by 2nd Lt. Randi Norton



Tonight, on SportsCenter...

ESPN reports from Peterson on 50 state tour

By Andrew Wineke
Peterson Air Force
Base, Colo., Public
Affairs

ESPN "SportsCenter" anchor Linda Cohn stood at the plate at a Peterson Air Force Base, Colo., softball diamond on a recent Wednesday afternoon swinging at

pitches from 21st Space Wing Commander Brig. Gen. Richard Webber.

Ms. Cohn did take after take, trying to simultaneously smash one out of the infield and smoothly introduce a "SportsCenter" segment on Colorado and the Armed Forces Women's

Softball Championship, which Peterson Air Force Base, Colo., hosted recently.

General Webber caught one of her infield pop-ups.

"Good job," she said. "That will not make camera."

ESPN's cameras have been hopscotching the

country for the network's "50 States in 50 Days" tour, offering interviews with famous athletes from each state and recalling famous sports moments.

The Colorado segments – which ran during the night of Aug. 24's "SportsCenter" broadcasts – included an interview with Denver Broncos great John Elway and the story of Air Force softball player Schameka White, along with clips of armed forces athletics from around the globe.

"SportsCenter" producer Jim Witalka said the combination of the mountains and the military in Colorado Springs were too good for ESPN to pass up.

"This fits so well with what we're doing," he said. "You've got an unbelievable backdrop and the enthusiasm around it makes great television."

The Air Force was thrilled with the publicity – it's the first time armed forces athletics championships have received national TV coverage – and ESPN couldn't have asked for a better setting than a sunlit Pikes Peak and the shouts of the military teams.

"We appreciate ESPN coming here and giving national attention to Air Force women's softball," said Air Force softball coach Master Sgt. Bill Hardy. "That's virtually unheard of. It gives the American public a different perspective (on the military)."

For her part, Ms. Cohn said she loved the reception the Air Force and its players gave her and also the opportunity to highlight women's sports.

"I still don't believe there's enough done for women's sports," she said.



ESPN "SportsCenter" anchor, Linda Cohn, presided over the network's Colorado segment of the "50 States in 50 Days" tour. Photo by Walt Johnson

Peterson Youth Sports Program receives national award



Les Stewart talks with Renee Sylvester and her daughter, Allison, 4, about signing up for cheerleading recently at the Peterson Air Force Base, Colo., Youth Center. The Peterson Youth Sports Program received the Youth Sports Program of the Year award from National Alliance for Youth Sports. Photo by 2nd Lt. Benjamin Meier

By 2nd Lt. Benjamin Meier
Peterson Air Force Base, Colo., Public Affairs

The National Alliance of Youth Sports committee recognized the Peterson Air Force Base, Colo., Youth Sports Program during a ceremony Dec. 1 through 3 in Orlando, Fla.

The award, Youth Sports Program of the Year, was granted to Peterson's program

in the Military Category.

Peterson's Youth Sports Program, belonging to the 21st Services Squadron, won the award because of their sports-centered methods designed to relieve stress, build teamwork and confidence.

"This program teaches the children sportsmanship, how to be team players and the importance of having fun," said Maj. Jessica

MacDonald, 21st SVS commander.

According to the NAYS website, they must provide a "positive and safe experience for all youth."

Les Stewart, Peterson Youth Sports Program director, said "the faculty and staff at the Youth Sports Center strive to keep a safe environment while maximizing participation." Since 2001, the program has grown from only

423 to more than 2,600 participants.

The Youth Center director said he believes the success of the program is due to proactive parents. "I didn't win the award," said Mr. Stewart.

"Peterson won the award. The giving parents won the award."

The program is offered not only to Peterson; its services are available to all military employees in Colorado Springs.

Visits from celebrities are one of many reasons Peterson's Youth Sports Program is receiving the award for Youth Sports Program of the Year, Military Category. National Basketball Association

Denver Nuggets player, Michael Richardson, met with Peterson's Youth Sports Program participants in March. He encouraged them to stay in school and out of trouble.

Buckley athletes compete in mini-triathlon

By 1st Lt. Caroline Wellman
Buckley Air Force Base, Colo., Public Affairs

The 460th Services Division and 8th Space Warning Squadron at Buckley Air Force Base, Colo., sponsored the first Fit-Fight-Freedom mini-triathlon recently.

The event challenged athletes with a 300-yard swim at the Beck Center's pool, followed by a 12-mile bicycle ride and 3.2-mile run.

Athletes began at the off-base pool, where they gathered early to warm themselves in the humidity of the indoor pool on the chilly morning. After completing the swim, athletes made their way to transition area one to prepare for their 12-mile bike leg.

The bike leg took participants from the recreation center parking lot through the Telluride Gate to the

Mississippi Gate, around the east side of the flight line and back to the fitness center, where athletes re-racked their bikes and took off for a run.

The run took athletes around the west, south and east sides of the restricted area and back before ending just south of the intersection of Steamboat and Telluride Streets.

At the end of the day, nine teams completed the race and 46 competitors crossed the finish line

to the cheers of spectators, volunteers and fellow competitors. All finishers received medals to commemorate their efforts, and the winners of each age group received certificates.

The idea to host a mini-triathlon on base started with people from the 8th SVS, but quickly became a joint adventure with the Services Division, and volunteers from

across the base and local community -- most notably the 460th Security Forces Squadron, the 460th Civil Engineer Squadron and the Aurora Police Department, who provided safety along the route from the pool to the Telluride gate.

"The event was designed to promote fitness and fun among recreational athletes," said Mike Deckard, fitness center director.

"I liked that it was geared toward the average athlete," said Laura King, who had never participated in a triathlon before.

Along with the athletes, the event's hosts and volunteers, who manned aid stations and directed athletes along the course, agreed that the event was well-organized.

"I've seen this done at three other places, and this one went very smoothly for a first-time event," Mr. Deckard said.



Clay Russ holds up a miniature American flag in triumph as he crosses the finish line recently during the first Buckley Air Force Base, Colo., Fit-Fight-Freedom mini-triathlon. Photo by Steven Doke

"None of this would have been possible without the athletes and volunteers from the reserves, the Guard or the active duty," said James Mindoro, one of the event coordinators, whose primary responsibility seemed to be motivating worried competitors.

But most competitors needed no outside motivation.

"What motivates me to compete is the feeling of accomplishment," said Chris DeJesus, who has competed in five mini-triathlons. "It's not every day you swim, bike, run and push yourself to the limit. The triathlon is an

endurance race, and I like to know that I have the endurance to hang in there."

The base hopes to make the mini-triathlon an annual event, and this year's participants are already looking forward to next year's competition.

"It was fun to go out and compete against participants on base opposed to the community," said Shaun Goodenow, who has been training for triathlons, but who had not competed in one until now. "I used this mini-triathlon as a stepping stone for upcoming triathlons, and I'm looking forward to next year."

World Wrestling Alliance kicks butt for Wolf Pack members



Kunsan Air Base, Korea, Wolf Pack members line up at the Wolf Pack Fitness Center during an autograph session with the WWA members. Photo by Yi Haksong

Right, The Patriot shows off and gains momentum from the crowd. However it wasn't enough momentum to get him the winner's belt. Photo by Yi Haksong



Below, Volcano Kid, a member of the World Wrestling Alliance of Missouri, catches Dave Duponte off guard and drags him across the ring during the Alliance's recent visit to Kunsan Air Base, Korea. Although Dave Duponte was caught by surprise, he was able to gain his composure to finish the round. But Volcano Kid continued similar tactics and eventually won the match. Photo by Senior Airman Juanika Glover



Brandy Wine, left, pulls off an illegal hair pulling move on Christie Ricci, right. After complaints to the referee, Ricci was able to gain the upper hand and keep her championship title belt. Photo by Senior Airman Juanika Glover



New McConnell running track opens

By 2nd Lt. Ashley Conner
McConnell Air Force Base, Kans., Public Affairs

Ready... set... go! And they're off.

Thirteen Airmen participated in a one-mile race around the newly completed track at McConnell Air Force Base, Kansas, recently. The winner of the race, Staff Sgt. Nicholas Clair, 22nd Communications Squadron,

made his way around the half-mile track twice in 5:15, winning him a two-day pass, a commander's coin and a trophy commemorating the opening of the track and winning of the race.

Winning runners from each group also received a two-day pass.

The \$500,000 track, complete with rubberized running surface, is open 24 hours a day, seven days a week.

"We feel certain the new track will help reduce running injuries such as shin splints and knee injuries," said Lou Stadler, health promotions flight chief at the Health and Wellness Center.

"A track like this is necessary since the implementation of the Fit Program," said Bill Hageman, 22nd Services Squadron fitness and sports center director. "McConnell

personnel won't have to run on the street and worry about traffic."

For McConnell's night runners the track is lighted.

"There is a button on one of the first poles, which turns on all the lights. After 30 minutes every other light will turn off unless the button is pressed again," said Mr. Hageman.

The new running track will eliminate

all fitness testing on the flightline and will allow the testing process to be collocated next to the fitness center and the Health and Wellness Center.

The track also meets all the requirements set forward in the Air Force fitness testing regulation.

Walkmans and radios are allowed to be used on the new track.

Stars & Strikes makes Patrick retiree \$500 richer



A smiling retired Navy Chief Petty Officer Lionel Colon (left), winner of the \$500 Grand Prize Drawing in the recent *Bowl for the Stars & Strikes*, stands with Stevan Eclavea, Patrick Air Force Base, Fla., Bowling Center manager with a representation of his cash prize. The summertime promotion was conducted at Bowling Centers throughout the Air Force, including at Patrick's own Rocket Lanes. Photo by Nancy Watts

New female senior leaders locker room

By Raymond Whelan
Lackland Air Force Base, Texas, Public Affairs

The Chaparral Fitness Center at Lackland Air Force Base, Texas, has a new female senior officer locker room.

"The room was constructed to accommodate the growing number of female senior Air Force leaders," said James Craney, 37th Services Division combat flight support chief. "They are also required to maintain Air Force personal fitness level requirements."

Currently, only female senior military leaders O-6 and above will be entitled to use the room. But if it's

determined to be feasible, the locker room may be opened to female squadron commanders.

The 360-square foot space will house a sauna, wall-length mirror, a vanity with double basins, two showers and eight lockers.



Lockers are shown in the Lackland Air Force Base, Texas, Chaparral Fitness Center's new female senior officer locker room. Photo by Mando Flores

Manatee Cove golf pro advances to national long drive competition

By Lori Peppers
45th Services Squadron

World-class competition is what every golf professional vies for, but few achieve.

Patrick Air Force Base, Fla.'s own teaching professional and golf pro, Jeff Gentile, will realize that dream later this month when he finds himself competing against golf's professional long drivers for the title of World Champion.

A competitor on the RE/MAX Long Drive Tour since 1995, Mr. Gentile recently finished in second place in the second round of a district Long Drive Tour event, qualifying him to advance to the 2005 RE/MAX World Long Drive Championship at the Palms Golf Club in Mesquite, Nev.

In the district event, held in Haines City, Fla., Mr. Gentile won the first round with a drive of 346 yards and then, with a drive of

The 2005 RE/MAX World Long Drive Championships will be telecasted by tape-delay on Christmas Eve by both ESPN and ESPN2. A schedule of the broadcast can be found in local listings and on the ESPN Website in December.



Jeff Gentile, golf pro and teaching professional for the Manatee Cove Golf Course at Patrick Air Force Base, Fla., recently qualified to compete in the 2005 RE/MAX World Long Drive Championships in scenic Mesquite, Nev. The tournament will be televised on ESPN and ESPN2 on Christmas Eve. Photo by Nancy Watts

358 yards, secured second place overall in the second round.

"I was very excited to emerge in the top three to advance to the World Championships," Mr. Gentile said. "When I was told that I was in the finals I had a big sigh of relief. That

day I was able to put it all together."

In Mesquite, Mr. Gentile faces 128 competitors in the Open Division. In the sport of professional long drive, the RE/MAX World Championship is the "red carpet" event. It brings together an international field of

golf's biggest hitters – the "best of the best" among professional and non-pros alike – and offers long drive's largest purse of \$313,000. It pays the Open Division champion a cool \$100,000.

Championship drives are expected to be in the 360-plus yard range, if the weather is good. Distances can reach as much as 400. Despite the caliber of his competitors, however, Mr. Gentile feels confident going into the championships.

"I've been doing this for awhile now, and I competed in 2003. I have really prepared and understand what I'm up against," he said.

A member of the 2003 Long Drive Tour, Mr. Gentile competed in five events throughout the US, alongside some of the top long drive individuals in the World. During that tour he placed fifth in Sacramento, Calif.

In addition, he has garnered two top five finishes in the New England Long Drive Competition and several first place honors at local events around the country.

His wife, Maj. Cheryl Gentile, a registered nurse with the 45th Medical Squadron, will accompany him to the Mesquite event.

That will leave Alexis, 15, Victoria, 13, and 9-year old Joshua to cheer their dad on when they view the Christmas Eve tournament on ESPN.

Jim Hickey, Patrick AFB's director of golf, couldn't be prouder of his teaching pro's national-level accomplishment.

"Jeff's dedication to all facets of the game of golf is a great asset to the Manatee Cove Golf Course. He reflects the best of what our staff tries to deliver to our customer everyday."

Snapped around Services photo page

'Fore' love of the game

Below, Noi Delacalzada captured the women's title at the Edwards Air Force Base, Calif., Club Championship recently at the Muroc Lake Golf Course. Edwards course offers a championship 185-acre, 18-hole, par-72 golf course. The facility includes a pro shop, driving range, and chipping, pitching and putting practice greens. Photo by Laura Atchley



Stars and Strikes winner

Right, Tommy Morgan, a civilian contractor at U.S. Special Operations Command, was completely caught off-guard when Lt. Col Dave Anderson, 6th Services Squadron commander at MacDill Air Force Base, Fla., surprised him at MacDill Lanes recently, informing him he was the \$500 grand prize winner for the Stars & Strikes Bowling contest. Second Lt. Tobie Wethington, 6th Medical Group, and Christina Perkins, Joint Service Communications Element, won Air Force bowling balls. Courtesy photo



Just a blur

Above, Reynald Flores, a 1st Degree Black Belt and assistant instructor, helps Elizabeth Frasier, a Green Belt, with her kick. Tang Soo Do is offered at the Elmendorf Air Force Base, Alaska, Youth Center. The classes are held Tuesday and Thursday from 5:30-6 p.m. for 3, 4 and 5 year-olds, 6-7 p.m. for beginners and 7-8 p.m. for advanced. Photo by Airman 1st Class Garrett Hothan



Air Force repeats at 2005 Armed Forces Rugby Championship

By Staff Sgt. Ty Reyes
Air Force Services Agency

The Air Force Rugby Team won the Gold at the 2005 Armed Forces Rugby Championship, which was hosted by the Marine Corps at Camp Lejeune, N.C., in October.

All five teams in the tournament played a single round robin, followed by the two top teams competing for the championship.

The opening game for the Air Force was a tough, hard fought contest against the host Marine Corps team.

The Marines came out aggressively, supported by a company of 200 desert-camouflage-dressed Marines who had just returned from deployment. The Marine Corps scored the first try (touchdown) worth five points and the following conversion kick for two more points.

The Air Force answered, coming down the pitch (field), making a three-point penalty kick (1st Lt. David Pina, Robins Air Force Base, Ga.). The Marines scored two penalty kicks, making the halftime score 13-3. The Air Force team scored on its first try in the second half (Senior Airman Jacob Arbizu, Lackland AFB, Texas) and a conversion kick by Lieutenant Pina. Marines came back down in a hurry and made a penalty kick for three more points.

The Air Force had another opportunity and scored their second try, by Capt. Brian Haws (Rota Naval Station, Spain) but missed the conversion kick. The AF had a few



Capt. Deno Debacco, Little Rock Air Force Base, Ark., looks like he's going to pass the ball to you. Courtesy photo

more opportunities but could not score again, giving the Marines the win 16-15. The home crowd made the difference.

The Air Force knew they had to have a strong second game for any chance at the championship. They scored on their first try by 1st Lt. Brad Banga (Spangdahlem Air Base, Germany), but missed the conversion kick.

The Navy made it 5-3 on a penalty kick. Lieutenant Pina made a penalty kick for a 8-3 halftime score. Lieutenant Pina scored on two tries and kicked both conversions to seal a 22-6 crucial win.

Other game scores on day one were Navy over Coast Guard 24-19, Army over Marine Corps 14-6, and a 12-12 tie of the Army and Coast Guard.

The Air Force faced the Army to start day two. The Air Force put on a scoring display, scoring five first half tries, one by 2nd Lt. Eric Cappell

(Tyndall AFB, Fla.), one by Capt. Christian Hauck (Keesler AFB, Miss.), one by Airman Arbizu, and two by Capt. John McQuade (Brooks City-Base, Texas), along with a penalty kick for a halftime score of 28-3.

In the second half the Air Force got a quick score from Capt. Doug Sterritt (Little Rock AFB, Ark.) and another by Lieutenant Cappell. Airman Arbizu hit on both conversions kicks for these scores, with the Air Force winning 42-8.

The Air Force's final game of the round robin was a must win against the Coast Guard. It took the Air Force 10 minutes to get their first score by 2nd Lt. Brian Lemay (Hanscom AFB, Mass.) and the two point conversion by Lieutenant Pina. Tech. Sgt. Mike Novick (Wyoming

Continued on next page



200 Robins people walk, run for cancer awareness

About 200 people participated in the Breast Cancer Awareness walk/run held recently at the Robins Air Force Base, Ga., Fitness Center outdoor track. Civilian Health Promotion Services, the Health and Wellness Center and the 78th Services Division hosted the event. Photos by Sue Sapp



AF repeat rugby champs

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Tech. Sgt. Michael Novick, Wyoming National Guard, breaks into the open during the recent Armed Forces Rugby Championships. Courtesy photo

Air National Guard) and Staff Sgt. Chip Crain (MacDill AFB, Fla.) each scored on try with the Air Force now going into the half 17-0.

The Air Force opened it up in the second half with scores by Staff Sgt. David Stapp (Keesler AFB), 2nd Lt. Joe Riedesel (Vandenberg AFB, Calif.), Staff Sgt. Bryan Pemberton (Tyndall AFB), and Lieutenant Pina, for a decisive 37-0 final score.

Other scores on the second day were Marine Corps over Coast Guard 5-0, Navy over Marine Corps 35-17, and Navy over Army 10-5.

The championship game was the Air Force against the Navy, an exact rematch of the 2004 championship. From the start the Navy was out to spoil the AF's hopes of a repeat and scored on their first drive. The Air Force fought back, with 1st Lt. Matt Clugston (Osan AB, Japan) scoring on a try, with the Air Force also missing their conversion kick. The Navy quickly came down and scored two penalty kicks, making the score 11-5. The Air Force scored on a try by 2nd Lt. Mike Hobson (Nellis AFB, Nev.), but missed the conversion

kick. Navy scored one more penalty kick and would have gone into the half with a lead if the Air Force had not scored on another try just before the halftime whistle. Half-time score was Air Force 15, Navy 14.

At the half, head coach Lt. Col. Kenneth Holliday, assistant coach Chief Master Sgt. Craun Fansler, and team captain, Capt. Jay Gregson reiterated that the team controlled their own destiny and now was the time to finish strong and bring home the gold. The team did just that, holding the Navy scoreless in the second half and scoring five tries by Capt. Wayne Kinsel (RAF Alconbury), Lieutenants Clugston and Hobson, Captain McQuade, and a 70 meter score by Captain Hauck, assisted by Lieutenant Hobson, along with three conversions by Lieutenant Pina, with the final score of 46-14.

Air Force players selected to the 2005 Armed Forces All-Tournament Rugby Team were Captain Sterritt and Lieutenants Hobson, Banga and Pina.

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Put the pedal to the spatula?

Dennis Wingler, Club Eifel executive chef and spouse of Capt. Ilaina Wingler, 52nd Medical Operations Squadron, takes part in a 52nd Services Squadron duathlon last year. He recently was selected for an all age-group triathlon team, where the 2005 31-person team will compete in upcoming triathlons around the world. Photo by David Niebergall



Tee Time

Greg Lambert lines up a shot during the recent 20th Annual Mount Dundas Open at Thule Air Base, Greenland. The Open is the northernmost golf tournament in the world. Participants climbed 800 feet of shale rock to reach the nine-hole par-3 course, which overlooks the air base, the polar ice cap and iceberg-filled North Star Bay. The final 75 feet up Mount Dundas featured a rope climb up sheer rock face, making it necessary to move golf clubs and other equipment by helicopter. Photo by 1st Lt. Justin Herman

Fore!

Cole Gabler takes a swing down the range during the 4-day youth golf camp at MacDill Air Force Base, Fla., sponsored by the YMCA and First Tee of Tampa Bay. The camp teaches youths 7 to 15 years-old about golf etiquette, technique and core values. Photo by 1st Lt. Erin Dorrance

